

Recreation

NOVEMBER, 1948
PRICE 35 CENTS

Contents

November 1948

Knowledge of What the Individual Wants (Editorial), by Howard Braucher	337
Recreation Comments . . . Letters to and from the Editorial Department	339
Recreation and Mental Health, by Dr. William C. Menninger	340
No One Under Sixty Need Apply, by Arline Britton Boucher and John Leo Tehan	347
Two Ladies Form a Club, by Bill Gold	350
The 1948 Recreation Congress	358
Basketball Shooting Competition	364
Playing Out Problems in Socio-Drama	367
Miniature Movies for Moppets	369
Publications and Your Recreation Job	371
Recreation News	374
Permanent Ice-Skating Rinks, by Douglas G. Miller	375
J. B. Williams Retires	377
Are You Cooperating?	378
Home Education, by Annie L. Gaetz	379
Emmett R. Gauhn	381

Thanksgiving

A Prayer for Thanksgiving, by Joseph Auslander	338
Gaye Parties for Ye Moderne Pilgrims	366

Christmas

Tips on Christmas Planning	351
Repeat Performance, by Pat Perkinson	352
Why Not Block Print Your Christmas Cards?, by Toni Ford	355

Regular Features

World at Play	370
Authors in This Issue	381
Magazines and Pamphlets	382
Books Received	382
New Publications	383
Recreation Institutes	Inside Back Cover

PICTURE CREDITS: We are indebted to: Dennison Manufacturing Company, Framingham, Massachusetts, for drawing, page 366; Art Keil, West Palm Beach, Florida, for photograph, page 370. Congress photographs by Harold Cowan of the *Omaha World-Herald*, Nebraska, pages 360-361.

ON THE COVER: Many years have not dimmed skill nor pride of accomplishment in this busy old Missourian. (See—No One Under Sixty Need Apply, page 347.) Photograph by courtesy, Massie—Missouri Resources Division, Jefferson City.

RECREATION is published monthly by the National Recreation Association, formerly named Playground and Recreation Association of America, a service organization supported by voluntary contributions, at 315 Fourth Avenue, New York 10, N. Y.; is on file in public libraries and is indexed in the *Readers' Guide*. Subscriptions \$3 a year. Entered as second-class matter June 12, 1929, at the Post Office in New York, New York, under Act of March 3, 1879. Acceptance for mailing at special rate of postage provided for in Section 1103, Act of October 3, 1917, authorized May 1, 1924.

Copyright 1948, by the National Recreation Association, Incorporated
PRINTED IN THE U. S. A.



Recreation

November 1948

THE MAGAZINE OF THE RECREATION MOVEMENT

Knowledge of What the Individual Wants

personality by trying to fix facilities and leadership so that the person is not free to be the person he wants to be, to do the things he wants to do in time that is supposed to be free.

Of course there must always be the appeal from "Philip drunk to Philip sober." And it is no violation of the individual personality to give each man a chance to be exposed to all forms of activity so that each man can really know of a surety what he wants to do.

The real fundamental in recreation leadership and guidance is to do in behalf of others only what one would like to have done to oneself.

The recreation leader needs to know much about the motives of men, the behavior of men under various circumstances, the various reasons why men do what they do. What are these individuals really hungering and thirsting for? What looks to be food but is only husks? What looks to be water but is only a mirage that will never satisfy?

It is one thing to think one knows the heart's desire of man from a book. It is another to know from practice, from working side by side and being with many men of many kinds.

The more recreation leaders themselves have really lived in factories, in mines, upon farms, in stores, the better qualified they are to understand the life needs of others, what is going on in the minds of others, what makes others tick.

Under modern conditions of specialization ways and means must be devised of working out for recreation leaders substitutes for wide and deep experience in living, but it must be recognized that substitutes are substitutes and there must be constant effort to get as much as possible of real experience in living.

HOWARD BRAUCHER.

A Prayer for Thanksgiving*

by Joseph Auslander

 E thank Thee for the joy of common things:
The laughter of a child, the vagrant grace
Of water, the great wind that beats its wings,
The sudden light that shines upon a face.

We thank Thee for the heavens that declare
Thy love, and the abundant earth no less;
We thank Thee for the bread we eat and share
From hearts that overflow with thankfulness.

We thank Thee that when we grow puffed with pride
And blurt out wild and foolish blasphemies,
The gentler angels of our nature chide,
And Thy forgiveness brings us to our knees.

Against the voices counseling despair
We thank Thee for the clarions of youth,
For humbleness that turns to Thee in prayer,
For courage that is not afraid of truth.

O Lord, we thank Thee (when no man is sleeping,
But watches, nor dares he draw quiet breath)
That, kenneled and confided to our keeping,
We guard the dreadful atom brood of death.

We thank Thee that man's spirit need not falter,
That Faith still fights the good and gallant fight,
That still the torches on the anxious altar
Of Freedom, though they flicker, burn as bright.

For strength for this day's huge and harsh demanding
We thank Thee, Lord; for patience yet to find
A brave new hope, a brave new understanding
In the vast commonwealth of heart and mind.

Lord, from the blind abyss of circumstance
Whither, by war's grim folly, we were hurled,
We thank Thee for a final golden chance
To rise again and build a nobler world.

*Reprinted by permission of the author and of the *New York Times*.

RECREATION

Comments

LETTERS TO AND FROM THE EDITORIAL DEPARTMENT

TO RECREATION:

"I have just received the September issue of RECREATION, and I want to tell you how timely the article 'We Want a Club!' is for me. Your article says in just a few words most of what we have tried to put across in our training program."

NANCE FOULES, *Teen-Age Program Director, Young Women's Christian Association, Galveston, Texas.*

"The quality of the content, indeed, the entire setup of the magazine is such that all of us active in the field of recreation can refer to it with pride and assurance. The new, improved type of cover seems to herald a new era in its significant contribution to our profession."

GERALD P. BURNS, *Executive Director, American Camping Association, Chicago, Illinois.*

"Congratulations on new look of the magazine and the general wider use of charts, diagrams, and photographs. It is certainly an improvement, with the addition of having content, inspiration and practical material which can be used."

GEORGE M. GLOSS, *Professor of Graduate Work, Department of Physical Education, Health and Recreation, University of Maryland, College Park.*

"Two of the articles, written by Messrs. Nagy and Everett, particularly struck me as fine illustrations of leadership along much needed grounds."

WILLIAM M. WATTENBERG, *Associate Professor of Education and Educational Psychology, Wayne University, Michigan.*

TO OUR READERS:

Many, many thanks for all constructive suggestions as to how to make RECREATION ever more useful to recreation workers; thanks, too, to all those congress delegates who showed such a lively interest in the magazine.

At present, we wish once more to call your attention to the fact that we are offering this page in RECREATION for "letter-box" discussion of any specific article, or articles, appearing in the magazine with which readers may differ or to which they would like to add their own thinking or experience on the given subject.

To all those who consider the pooling of ideas and experience valuable enough to warrant the time and expense of attending a National Recreation Congress for that purpose, we point out that RECREATION is a supplementary, year-round vehicle of such exchange, an opportunity not only to find out what other folks are doing and to receive the stimulus of fresh thinking, but an opportunity to make your own contribution to the progress of the recreation movement nationally and internationally, as well as locally.

Because the Publications Meeting in Omaha had time merely to scratch the surface on the subject of the *use of publications*—both those put out by a recreation department itself, and those received from other sources—as an important part of doing a good over-all recreation job, we should like to call your attention to the article *Publications and Your Recreation Job* on page 371 of this issue of RECREATION. This carries further suggestions as to how-to-use and how-to-plan such publications. (For summary of the Publications Meeting, see the new Congress Proceedings.)

DOROTHY DONALDSON
Managing Editor, RECREATION

RECREATION AND MENTAL HEALTH*

Wherein a psychiatrist issues a challenge to recreation workers.

William C. Menninger, M.D.



Dr. W. C. Menninger

Just outside of Topeka, Kansas, can be found one of the world's great psychiatric centers — the Menninger Clinic — which is operated by one of medicine's best-known brother teams, Dr. Karl and Dr. William Menninger. Activities of this institution go directly into the community and furnish specific services to community groups. "Dr. Will," of the team, has stimulated the American Psychiatric Association, of which he is current president, to establish a committee on leisure time activity (see August RECREATION). He held the position of Chief of Army Neuropsychiatric Services during the recent war. His beliefs regarding the mental health aspects of recreation are here presented to recreation workers.

It has been the privilege of many of us practicing medicine in psychiatry to have some very rewarding experiences in the use of recreation as an adjunctive method of treatment. Along with direct psychological help, hydrotherapy, shock and insulin therapy, many of us have, for years, used various forms of education, recreation and occupation in the treatment of our patients. Within the American Psychiatric Association—a national organization of approximately 4500 psychiatrists—we have a standing committee on leisure time activities. It has planned its work for the coming year on the assumption that professional recreation experience can contribute to psychiatric practice, and psychiatrists can add to the knowledge of professional recreation workers. The intention of this committee is not only to bring the contribution from recreation workers to the membership of the American Psychiatric Association, but also to present and represent psychiatry to various lay groups concerned with recreation.

Recreation has not only played an important part in the treatment program of many mental illnesses but it has been a considerable factor in enabling former patients to remain well. Therefore, psychiatrists believe that recreative activity can also be a valuable preventive of mental and emotional ill health.

Mental and emotional ill health too often is not understood by the non-medical person. Sickness of the mind is thought of only as the extreme forms, in terms of "going crazy," "losing one's mind" or "being insane." The psychiatric patient and his relatives too often fear and actually find that they are stigmatized by the patient's illness, if it is discovered. The public is just beginning to learn that there are different kinds and degrees

IT IS WITH a sense of special responsibility that I discuss with you—a group of professional workers in the field of recreation—the relationships between recreation and mental health. All too infrequently does the recreation worker have an opportunity to learn of the psychiatric implications of his work. Too rarely does the psychiatrist have an opportunity to enlist the cooperative interest of the professional recreational workers as represented by the National Recreation Association throughout the country.

*Presented at the National Recreation Congress, Omaha, Nebraska, September 28, 1948.

of mental ill health just as there are of physical ill health. To be ill psychologically is not a matter of sin or shame; it is not a sentence to isolation or to indefinite invalidism. But mental illness is a robber of energy and happiness which may beset anyone. No one is completely immune to its attack. However, there are ways whereby one can reduce the risk of being waylaid by it. Moreover, one should realize that only in an occasional instance does mental ill health bring about permanent incapacity.

The fact remains that the number of seriously ill psychiatric patients in hospitals is so large as to overwhelm current facilities and staff. Even though our mental hospitals are greatly understaffed, still about fifty percent of our psychiatrists work in these institutions.

The Extent of Personality Disorders

To the uninformed the realization of the extent of personality disorders, including mental illness, comes as a shock. There are no complete or totally accurate figures of incidence and yet some indices leave no doubt as to the extensiveness of the problem. They are the more impressive because they do represent only a partial count of the total number. The knowledge of even these figures, however, emphasizes the importance of our ability to recognize emotional maladjustment in order that we might do the job of prevention more effectively.

According to figures released recently, there were 88,000 more beds in nervous and mental hospitals in 1947 than there were in *all* of the general hospitals in America. So overcrowded is bed capacity that the average census of mental hospitals was nearly 100,000 more than the average census of general hospitals. Last year the 680,000 beds in mental hospitals had an average occupancy of 650,000 persons. Between fifty percent and sixty percent of all the patients in our veterans' hospitals have some type of sickness of their personalities.

There are no figures to show the number of people who consult psychiatrists. Statistics from the army experience indicate that for every one man who had to be hospitalized for psychosis, ten others were hospitalized for the milder type of disorders called neuroses. The army was composed of a selected group of men and experience in it does not necessarily indicate the incidence of psychoses in civilian life, though statistics indicate they were more frequent in military service. Certainly many individuals with such illnesses were combed out in the draft selection. On the other hand, the army figures are suggestive of the extremely large number of individuals who required help for their

neurotic disorders. These represented nearly eighty percent of the hospital admissions for psychiatric disability in the army. There is no way of estimating the corresponding percentage of incidence of neurosis in civilian life, but we have sufficient experience to know that it is very high.

Another index of personality disorders, though largely excluding the severe mental illness, is suggested from the findings of the draft examination during this last war. Most of the men rejected were not mentally ill. They were, however, judged as not being sufficiently adjusted emotionally to be good risks in the uncertain environment of the military service. The total number of rejections for this cause amounted to nearly two million, representing one out of every eight men who came to the induction center.

The seriousness of the problem within the military service is indicated by the fact that 718,000 men had to be discharged because of some type of personality problem. This was the largest single cause of the loss of manpower during the war. More men were discharged because of personality problems than for all other types of medical illnesses or disorders put together.

In civilian life *every* physician, both knowingly and unknowingly, treats patients who are emotionally ill. It is estimated that fifty percent of *all* patients who consult all physicians, general practitioners and specialists, become ill from the stress and strain of life on their personalities rather than from the invasion of bacteria, injury or cancer. Their pain or discomfort is not related to any physical change in their organs but rather to mismanaged emotions. These emotions reflect themselves in hearts and stomachs, intestines and joints, so that patients complain about the discomfort or malfunction of these organs. The real cause of the symptoms, however, is an emotional conflict.

Everyday Maladjustment

All of the above figures pale into relative insignificance in comparison to the total amount of mental illness, either in terms of cost or of time lost. Any estimate of the total picture would have to include the extent of emotional upsets which incapacitate people temporarily. Such upsets are really a mild form of illness even though they are often not so regarded. The transient emotional disturbances which do not necessarily keep a person from his work, do reduce efficiency and satisfaction.

Emotional maladjustment costs energy and therefore money. One pays in some way or other for disappointment, frustration, insecurity, hostil-

ity. Many varied symptoms result, in the form of depression, anxiety, fear, suspicion. It is acted out and evidenced in our life in marital problems, misbehavior, prejudice, discrimination and anti-social acts. Even mild maladjustment may become chronic or acutely severe if it is not corrected; and therefore prevention and early relief of the troublesome conflict are important. From the standpoint of national health, this must be a matter of special concern for all of us.

Like many physical sicknesses, many personality disturbances can be prevented. Some basic principles about mental hygiene and ways to maintain mental health are now set down in language for laymen. We in psychiatry are making numerous efforts to publicize the "why's" and "how's" of mental hygiene. Psychiatrists are now able to point the way towards the improvement of personal relationships in the family, in the community and at work. They also realize the necessity for reducing the psychological stresses and providing psychological supports for the individual and for the social unit.

The so-called social problems are, in reality, reactions of personalities to stress. Sometimes the environment exerts too much pressure on some or all of the individuals within it. Other times the personality is at war within itself so that the external situation acts either to reduce or increase the strain on the individual. The world war produced sufficient stress to cause an untold amount of mental ill health. Not only the men and women in military service but their loved ones, as well as the displaced war workers, had to orient to the disruption of their family lives. War speeded up the changes taking place in the pattern of family life in our culture. The unexpected mobility of so many people took away their sense of security and their former basis of making plans for the future. It interrupted and delayed the adjustment and establishment of new families in their homesteads.

Among the many factors responsible for increasing the extent of delinquency, one must reckon with the changes that are taking place in our family life and structure. The incidence of crime, which is an expression of maladjustment, has reached an all time high. The federal government is spending nearly ten times as much money to handle our social failures—the delinquents and criminals—as the federal budget allows for the improvement of mental health. The cost of operating the penitentiaries and reformatories is "chicken feed" in comparison to the actual cost of crime to the country—estimated to be between

eight and ten billion dollars a year.

One cannot state that divorce is a symptom of mental ill health, but it certainly is an evidence of unhappiness which in most instances is due to maladjustment and creates maladjustment in others than the couple involved. In 1947 there was one divorce for every three marriages, and this ratio increased in urban areas to one divorce for every two marriages.

Unmeasurable, but very real, is the distress resulting from the acute shortage of housing which requires more than a million families to live with other families.

Other social situations affect mental health. Discriminatory practices due to strong and widespread prejudices are mental hazards for millions of our people. Fortunately, our employment is momentarily at a high level but we should not forget the acute distress which existed a few years ago because of forced unemployment. Currently we are all very aware of the stresses produced by our present national and international status of uncertainty, unrest, suspicion and fear.

In presenting these facts, there is no intention to cause unnecessary alarm or to imply that every individual in the country needs the help of a psychiatrist. Such would be nonsense. However, it does seem to be extremely important to marshal the evidence of the need to improve the state of our national health in order that we might seek out its significance and make constructive efforts on the basis of our findings.

Society's enormous loss of manpower because of personality disorders—whether it is measured in money, time, or effectiveness—is a problem of health as well as of economy. There is an imperative need for society—that is for individuals like you and me—to initiate corrective measures of every possible sort. As a psychiatrist, I feel that recreational workers can contribute to such a program in very large measure.

Psychological Needs Met by Recreation

"Recreation" can be used to refer to an enormous variety of human activity. What is the vocation of one man becomes the avocation of another.

In this group the word recreation refers to the things a person does for the fun of doing them, usually with no specific utilitarian or economic motive. Such activity has a renewing effect psychologically. It is a re-creative experience. It enables a person to go back to psychologically unrewarding routine or work where the motivation is purely "to get the job done."

Since life exacts a different toll from each of us,

different sorts of recreation appeal to us. Psychiatrists must differ in considerable degree for different individuals. However, there are at least three common psychological needs that are effectively met through participation in certain forms of recreation.

1. Competitive games provide an unusually satisfactory social outlet for the instinctive aggressive drive. Psychiatrists postulate the existence in the personality of an aggressive instinct which constantly seeks expression. Where its direct expression is denied, symptoms may develop. There are perhaps specific values in varying degrees and types of competitive activity. The most aggressive outlet is seen in those sports in which there is bodily contact, such as tennis, golf, badminton, bowling; and probably least but none the less evident, in sports of sedentary intellectual competition such as chess, checkers, bridge, poker and so on. All these types of recreation meet the psychological need of many individuals, whose jobs or daily work prevent sufficient expression of aggression.

2. The psychological value of certain kinds of recreation lies in the opportunity to create. In addition to the aggressive drive, the other important psychological instinct is the erotic, constructive or creative drive. As a consequence, they find great satisfaction in producing something—a rug, a chair, a piece of music, a poem, a cake.

3. Relaxation through entertainment also satisfies important psychological need, through catering to the passive desires of many of us, as well as to provide an opportunity for vicarious participation. Many persons derive an enormous satisfaction from listening to music, seeing a ball game or a movie, reading a mystery book, or studying art masterpieces.

Mentally healthy people participate in some form of volitional activity to supplement their required daily work. This is not merely because they want something to do in their leisure time, for many persons with little leisure make time for play. Their satisfaction from these activities meets deep seated psychological demands, quite beyond the superficial rationalization of enjoyment. The choice of activity is modified by their method of living and experience. By comparison with two generations ago, there is today a greater need for recreative play. People now have little opportunity to express their aggressive needs, to pioneer, or to explore. Jobs, even though satisfying in most respects, provide a limited opportunity for spon-



Even games of sedentary intellectual competition, such as checkers, provide outlet for aggressiveness.

taneous creativeness or a free choice of the type of activity.

Some very concrete evidence of the relation between avocations and mental health was revealed in a survey made at our clinic some years ago. A group of well-adjusted individuals was surveyed as to the type, number and duration of their hobbies. The findings were compared to those from a similar survey of a group of psychiatric patients. In the well-adjusted group, both the number and the intensity of the pursuit of hobbies was far in excess of those of the patients. This cannot be interpreted to mean that, because the individual has a hobby, it necessarily keeps him well. It does mean, however, that a well-adjusted individual learns how to play and does include play as an important feature of his life, much more frequently than does the average maladjusted person.

Failure to Play

Too many people do not know how to play. Others limit their recreation to being merely passive observers of the activity of others. There are individuals who harbor the belief of our early forefathers that to play is sinful. Others feel that play is only for children, and believe that, "As I became a man I put away childish things." Still other individuals regard play as simply a waste of time as well as energy. By some, play is considered to be a reward for good behavior and thus in many of our backward penitentiaries, sports or recreation are regarded as an unwarranted indulgence of the prisoners. There are still other individuals who have had such severe and rugged lives as children that they have never learned to play.

The psychiatrist is strongly in disagreement with all of these attitudes. There is considerable

scientific evidence that the healthy personality is one who not only plays, but who takes his play seriously. Furthermore, there is also evidence that the inability and unwillingness to play reveals an insecure or disordered aspect of personality.

Recreation as Therapy

To date the psychiatrist has not taken a major interest in the leisure activity of healthy individuals or programs of recreation in communities. His job has been, is, and will be concerned with the diagnosis and treatment of the anxious, the distraught, the bewildered and the confused members of society. To help these people he must know about the anatomy and the physiology of the personality, in addition to the physical condition of his patient. He is deeply interested in how that patient gets along in his family, with his friends, on his job. He tries to discover the cause of the maladjustment, either within the patient's personality or in the stresses of the environment. Therefore the psychiatrist must learn a great deal about the way he lives, loves and hates. Among many other things, he wants to know if his patient plays, how he plays and his motives for playing.

Then he must plan treatment to fit the individual needs of his patient. He uses recreation extensively in the hospital program of his patients. As the result of this experience, psychiatrists have accumulated considerable data on the utilization of recreation as a supplementary treatment measure. For at least twenty years, in our hospital in Topeka, we have prescribed the specific types of recreational activities that we believe to be most suitable to alleviate specific symptoms of patients.

The aim of the psychiatric prescription is to direct troublesome feelings into a socially approved outlet. In some personality disorders, the symptoms conspicuously express hostile feelings. Intense feelings which the patient harbors, that were probably directed originally toward some member of the family, have become displaced and may be expressed toward any person, or even any object in the environment.

We have conducted many experiments in redirection of emotions. For instance, there was a patient who was very hostile to his father even though he maintained that he loved him. We drew a face on a punching bag and suggested that the image was that of his hated parent. Thereupon, he tied into the punching bag to the extent of his feelings. In another instance, practice on a driving range was enhanced by giving each golf ball the name of some disliked person. This particular patient had a long list of people he thoroughly

disliked and, as one watched, it was apparent that varying amounts of energy were invested in each drive, depending on the intensity of the feelings towards the person whom the ball represented.

In the majority of instances this direct approach is impossible, either because the hostility is too diffuse or because the patient feels too guilty to express his hostility in more subtle, unrecognized forms. He "blows off his steam" in a baseball or a volleyball game or a tournament with an obvious release of tension.

The second therapeutic use of recreation is to provide an opportunity for creative experience. This has seemed particularly valuable for the frustrated individuals who, in their personal relationships, have been thwarted in achieving sufficient satisfaction. Again and again a patient will become intensely interested in the creation of some article of craft work. It is quite discernible in some cases that the symptoms diminish as the interest increases. This can be observed in those who have never had any previous experience in the medium with which they choose to work—woodworking, weaving, leather, clay, art work and so forth. Pride in their finished product is very conspicuous. Some patients have gained so much satisfaction from a particular type of craft work that they have continued the activity upon their return home. In many instances, this has led to the establishment of a reasonably complete workshop.

Another psychological need in certain individuals is to do things in a very particular way. The arrangement of clothing in the closet, or emphasis on punctuality or cleanliness becomes very important. The psychological explanation of such behavior is that it prevents the person from developing anxiety about an inner urge to do the opposite. When the compulsive person cannot carry out his activities, either because of internal disturbances or external prohibitions, he becomes maladjusted. When these defenses do break down, the therapeutic aim is to help him find ways of alleviating anxiety through the re-establishment of compulsive activity.

In a specific instance in which this type of recreation was prescribed, the patient had always been, prior to his illness, an extremely punctual, precise and exact person. Some time after he had passed the age of fifty, he experienced some rather severe difficulties in his home and his life became quite disorganized. Incidentally, this individual, as many compulsive people do, had always taken a very special interest in his finances, in keeping his accounts, and prided himself on the size of his bank account. In the therapeutic program arranged for

him in the hospital, attempts were made to interest him in several types of activities, with the hope that we would find something interesting to him. In view of his orderliness, his interest in money, his hoarding tendencies, he was encouraged to take up coin collecting. With very little help, this became almost a full-time activity. He pored over thousands of pennies, then nickels, then dimes, hunting for certain dates and mint marks. While in the hospital he began to contact coin dealers. He spent hours making boards to mount his coins and in polishing and arranging his selections. Progressively with his interest in this activity, he became increasingly better adjusted socially. Within two months he was able to leave the hospital. We learned subsequently that he continued his avid interest and activity in coin collecting. Lest this be misunderstood, I should state that his coin collecting did not cure him. It simply served as a very expedient outlet for his compulsive makeup. With psychological guidance, he gained some insight into the nature of his illness and the reasons for the particular appeal of this activity.

One other prescribed recreational activity has proved, again and again, its important therapeutic value. This is the socialization provided by group activities—parties, ball games, square dances, dramatic productions, and so on. All of us have the desire to belong—to the family, club, gang or to some other preferred group. One of the conspicuous symptoms of some types of mental maladjustment is the feeling of lonesomeness, the inability to identify with and belong to a social unit. The average psychiatric patient, during his illness, is conspicuously incapable of feeling comfortable with other people. An important phase in the process of getting well is to be able again to become sociable, and to participate pleasurable in an activity

with someone else or with many other people. Therefore, the plan in every good psychiatric institution is to provide opportunities for this socialization.

Obviously, they must be graded according to the patient's capacity and specific needs. Routinely in our hospital, a plan is followed whereby the patient is first given the opportunity to become friendly with one of the staff—a nurse, recreational or occupational therapist—in addition to his physician. As the patient becomes able to adjust himself to this, his contact is expanded to include initially one other patient and then a small group of them. Graduation takes place as fast as possible to the passive role of a spectator in a larger group of people and eventually to the active role of a participating member of a team. Recreational opportunities are by all odds the most practical vehicle to accomplish this aim.

Applications

On the basis of his experience with its use as a psychiatric treatment method, as well as through his conviction as to its importance in the maintenance of mental health, the psychiatrist can make certain recommendations about recreation.

To the Individual: Good mental health is directly related to the capacity and willingness of an individual to play. Regardless of his objections, resistances, or past practice, any individual will make a wise investment for himself if he does plan time for his play and take it seriously.

To the Recreation Worker: The psychiatrist strongly recommends a working knowledge of the structure and method of function of the personality. This would provide a better understanding of individual persons and their reactions, and more important, of their psychological needs and handicaps which might be met most effectively by particular forms of recreation. In addition, he would recommend a study of the scientific data regarding leadership methods. He would recommend a general knowledge of the social forces operating in groups, which may greatly enhance or detract from the effectiveness of any recreational program.

The psychiatrist would further recommend, to the recreational worker, the importance of taking aggressive steps to educate the public as to the value of recreation in the maintenance of mental health. In such a campaign he would wish to have emphasized the fact that recreation, which is literally re-creating relaxation from regular activity, is a morale builder. It is not a luxury, a waste of time nor a sin. He would also wish to have pointed out the fact that the most constructive and bene-



Psychological value of certain types of recreation lies in the opportunity to do something constructive.

ficial play is something that has to be learned and is not likely to be an accidental ability or an inherited trait. Personality characteristics and psychological needs provide the basis for the appeal of specific types of recreation. For maximum satisfaction, one requires not only encouragement but almost always some instruction.

To the Parent: Education of parents regarding their role with their children's play is indicated. Ability to play is a learned ability. Therefore, a child should have ample opportunity to play alone, to play with his parents, and to play with other children, both at home and elsewhere. It is not sufficient merely to send a child off to play in an isolated, fanciful, make-believe world all by himself.

The child whose parents have avocational interests is much more likely to develop such interests. Not only is the example important but the sharing of interests within the family is the source of much stimulation and satisfaction.

A word of caution: Recreation is not like quinine, to be forced down the throat of the child. Therefore, the child's interests should certainly not be restricted to those of his parents. The wise parent encourages the initial interests of his child as a serious, worthwhile endeavor, whether these be in sewing or lathe work, stamp collecting or baseball. Parents should not only set the example of participation in worthwhile activities, but also should provide the facilities, the encouragement and the approval of child-initiated activities.

To the Community: The psychiatrist should like to challenge the neighborhood and the community to the importance of a recreational program for the maintenance of mental health of its members. In his hospital, the psychiatrist sees to the provision of trained workers and of the most adequate type of recreational facilities, as an essential part of his setup. An effective community recreation program is just as important to mental health as sanitation is to physical health.

Our communities have assumed the responsibility of reducing unemployment. When we become wise enough, they will be equally interested in providing recreational facilities and expert leadership. The usual work week requires only eight hours a day, not more than six days a week, and in many instances only five. Teaching ways to fill free time with constructive, healthful activity is partially a responsibility of the community. The town which provides only alleys and beer joints, as places to play, should not wonder why delinquency and venereal disease thrive. Both are symptoms of social maladjustment and therefore

are problems of morale rather than morals.

To the Older Person: Recreation is an extremely important aid to growing older gracefully. People who stay young despite their years, do so because of an active interest that provides satisfaction through participation.

The elderly person with a hobby is almost always an alert, interesting person. I think of no more spectacular example than my remarkable physician father, who has been an avid horticulturist and botanist all through his busy years as a physician. At the age of seventy-five when gardening became too strenuous, he became an expert in mineralogy, setting up his own machinery for cutting and polishing stones. At eighty-five he took up conchology—the study of seashells—and has become proficient in identifying and classifying all types of mollusca.

By contrast, there is no more pathetic sight than the older person who has no interest in life and only sits and waits—vivid evidence of the value of recreation to mental health.

Conclusion

In presenting some of the aspects of recreation from the point of view of the psychiatrist, I have wanted most to indicate our belief in the importance of recreation to mental health, both therapeutic in illness and prophylactic for well-being. I have wanted to indicate to you that those of us in the field of psychiatry are deeply interested in what you are doing. We should like to help in furthering your daily work and to enlist your interest and help in those aspects of recreation which are so important to us in our daily work.

In this troubled world today, so filled with unhappiness, distress, anxiety and restlessness, to whom can one look for help? It is my firm conviction that if we could encourage and teach and guide more people to more effective re-creative activity, we could and would make a major contribution to our national and international peace of mind. That, it seems to me, is the big challenge to recreation workers today!

"'Psychiatry, says Dr. Will sensibly, cannot save the world all by itself.' He has no patent psychiatric pills for ending war, or meeting the threat of the atomic bomb—or even for getting children to stop biting their nails. But the world, he thinks, would be a better place to live in if people were healthier in their minds."

Time, October 25, 1948, under MEDICINE.

***"Older persons need responsibility . . .
affection and attention . . . Their work
should never be abruptly stopped . . ."***

No One Under Sixty Need Apply

**Arline Britton Boucher
John Leo Tehan**

AT 11:30 P. M. the telephone in a Bronx apartment jangled. A woman's voice demanded, "Is this Miss Landau? Well, I'd like to know where my father is. A fine thing—he's seventy-six years old, and not home yet."

Sleepily, Miss Gertrude Landau, director of the Hodson Community Center replied, "I'm sorry, Mrs. G. I don't know where your father is now. He was at the recreation center until it closed at six o'clock. I think he was planning to take his friend Mrs. R. to dinner and the movies afterwards."

Several weeks later the elderly gentleman and the sixty-five-year-old widow were married, and a gala reception was held at the Hodson Center in the old Boro Hall Building in the Bronx. It was the first wedding, in the first full-time recreation center designed for men and women over sixty years. This, similar to other clubs, is run for and by the members themselves.

In its less than five years, the center has won international recognition. Socially conscious observers and educators from all over the United States, France, Finland, Czechoslovakia and South America have visited it so that they may pattern other centers after it.

For here in the Bronx, men and women in their late sixties, seventies and eighties are proving that age need not be a gradual decline of body and mind, with tired eyes closing, but a time of active fulfillment, mentally and physically, with eyes looking ahead.

When the center was started as an experiment by the New York City Department of Welfare in September 1943, there was a great need for recreation and purposeful activity for older people. New York City alone has more than 500,000 peo-

ple over sixty-five years of age—thousands of whom are living alone in furnished rooms, feeling useless, unwanted and resentful. In the nation, there are more than 9,000,000 people over sixty-five, and the number is increasing yearly as the average life expectancy lengthens.

Specialists in geriatrics, the study of the elderly, have found that complete senility is rare, but that much of the physical and mental deterioration of older people is greatly accelerated by inactivity, loneliness and boredom. Although several attempts have been made in New York and other cities to provide an answer to the problem facing these men and women, the Hodson Center is probably one of the first to offer a comprehensive program of activity on a five-day week, ten to six schedule.

No one realized just how wide was the need when the center opened, with more than 350 people attending. Since then several hundred men and women, many in their seventies, some in their eighties, travel everyday by bus, streetcar, elevated or on foot to the gaunt stone building overlooking the park in the upper section of the Bronx. All during the cold and snow of the past winter, the average daily attendance numbered over two hundred.

As one frail old lady, her hands blue from cold, her shawled head powdered with snow, remarked, "Stay away? I couldn't. It's like coming home." This same old lady, with no living relatives, had submitted an application for admission to an old people's home before she first visited the center. Shortly thereafter, she withdrew her application. "I only applied because I was lonely," she said, "and now I have so many friends."

The traffic cop on the corner of Third and Tremont Avenues, who watches the old people com-

ing and going, remarked one day: "I used to dread the thought of retirement. Not now! I've got my application in at the center."

The underlying idea of the center is as simple as the human needs it serves. It offers motivation and materials for activities, room for relaxation and, above all, the companionship of contemporaries for those who feel neglected only because they are growing old. The club was set up as a public service for all older men and women in the area. To some who hesitated about coming, it was pointed out, "Your children use the public schools and parks. You do not hesitate to use public utilities. Why not a recreation center designed especially for you?"

Any older person is invited; and no charge is made, regardless of the financial standing of members. Here they do not use the term "old" but "older," recognizing that age is always relative. On the old building's worn doorstep, hundreds of men and women, poor or well-to-do, often lonely and uncertain, have hesitated, then stepped across it into a renewal of life bright with meaning.

The center—named for the late Commissioner of Welfare, William Hodson, who was particularly interested in the problems of the aging—began modestly. Welfare workers searched long, finally located an empty room in the old Boro Building. They cleaned, painted, and supplied it with a few tables, chairs and pictures loaned by the Federal Arts Project. Today, it boasts several rooms—a recreation room, a library, an art room, two craft work rooms, a pool room and a kitchenette. The members themselves have done an excellent job of decorating, and the walls are bright with the pictures which they have painted in art class. Much of the organizational work was done by Harry Levine of the Department of Welfare.

At first, Miss Landau, a trained social worker with imagination and patience, was the only "staff," and was employed on a part-time basis at that. Now, as full-time director, she is assisted by instructors in art, English, woodworking; student assistants; and a cleaning woman. Her salary is paid by the city, while all the other workers are paid by the center. Finances are raised by the Board of Directors of the Hodson Center, a group of socially conscious New Yorkers who cooperate with the Welfare Department and Bronx House—a neighboring community house—in over-all supervision. In addition, some group projects carried out by the older people have netted as much as \$500, a source of great satisfaction to members, for they often ask: "How can we pay for what we get from the center?"

The tremendous changes that the center has made in the lives of its participants can be seen wherever one looks. Typical is the situation of Heinrich, the Austrian refugee. One November afternoon he arrived, after seeing a notice of the center in his German language newspaper. He could speak only a little English—his eyes were still dark with the horrors he had witnessed in Europe during the war years. At first he could not believe that the club was for everyone. Painfully he asked Miss Landau, "Is das *für mich*?"—"Is it *for me*?"

Her warm reassurance, the first real welcome he had felt in years, was his first step back to the human dignity which is a result of being wanted. Soon he began to draw in charcoal, then paint in oils—portraits of Dante, Homer, Goethe, copied from the few books he had saved. At first he refused to show them to anyone. Gradually he sought encouragement, expanded under the praise of the others, who now vie with each other for the chance to sit for their portrait. Heinrich loves to have his pictures displayed; and he also is progressing in the English class.

Miss Ruth G., on the other hand, is a quiet woman of seventy who formerly spent many hours by herself doing intricate crochet work. When another woman asked her, "Will you show me how?" she was astonished. "Nobody ever asked me that," she said. Today she is a competent teacher of crocheting and gets many women started on an absorbing hobby.

Recognition by the community means much to center members. Recently the group put on a play, "The Stranger," which was written, acted and directed by them. Tickets were sold to the public. When the *New York Times* covered the



Older people insist that their projects be "purposeful". They enjoy the opportunity of making things.

show, and published the review on its drama page, the elation of the actors (many of whom had never been on the stage before) was boundless. One old gentleman of seventy-nine was overheard remarking to his wife, "I think I really will take up acting seriously."

In this project all joined enthusiastically. Some sold tickets, others acted as ushers, stage hands, scenic designers. One timid old lady volunteered to get an ad for the program from her neighborhood grocer. "He probably won't remember me," she said. "It's been so long since I've bought any meat." Later she returned, almost speechless with her triumph at getting the ad. The play took in \$250, which went toward the purchase of a movie projector for everyone to enjoy.

Men are strongly in the majority here, although the women are not overshadowed. Daily they prepare and serve refreshments, for which they shop beforehand. The tea or coffee, light sandwiches, cakes and cookies are a high spot for everyone, the big meal of the day for some.

One woman of seventy-five was eager to serve on the refreshment committee. "You see," she explained, "I haven't had my own home for thirty years and I always loved to entertain." She was unanimously elected chairman. Two men who had been hotel waiters volunteered to help. A clean-up committee was formed, with specific duties for each.

Little Mary S. has astonished everyone. As the roving reporter for the club's monthly magazine, she writes a gossipy column which is read avidly. Affectionately known as "Mama Scully" she has become a Dorothy Dix, to whom many come for advice on their personal affairs. Yet a few months ago she sat timidly by herself, absorbed in her knitting.

The growth of a group from complete dependence on the director to mature self-determination is interesting. At first, members were like children, awaiting suggestions, unwilling to act alone, seeking immediate approval. Now, for many, their old independence has reasserted itself. When elections were first held (unwillingly), Miss Landau's name was put up for every office. Now the club's elected officers direct group projects — whether boat rides, picnics or a plan to make utility bags for patients in a veterans' hospital. All projects, they insist, must be "purposeful."

A most heartening aspect of this center is the youthfulness of spirit prevalent everywhere—everyone is planning for tomorrow, still eager to learn and to accomplish. As the needs have arisen, classes have been started—in art, English, wood-

working, leather crafts, music. The English class has a regular attendance of about twenty. Said one man of seventy-four who was born in Italy, "It is exciting—this English. I have so much to learn. I must hurry, hurry." An old couple, who always sat by themselves and communicated with each other by nods and gestures, seemed afraid to join the class. Finally the wife said, "No speak." Now they attend regularly.

Members share their renewed skills willingly. A seventy-two year old poet, formerly a member of the American Poetry Society, is the capable editor of the monthly magazine and has been a patient teacher of his writing staff. A woman who does excellent beadwork spent hours teaching another woman to make a necklace for her little granddaughter. One man, who years before had followed the trade of making artificial flowers, did all the decoration for the Christmas party, then started a class for women who wanted to make flowers, too. Another man had considerable mechanical skill but "nobody ever needed me to do anything." Now he does all electrical repairs, fixes all broken furniture and gadgets at the center. Bookshelves for the library were made by an ex-carpenter; the letterbox was made by a former tinsmith.

Genuine democracy is evident. Membership includes Jewish, Protestant and Catholic folks, a few Negroes and a wide range of national origins. At the last Christmas party, a Protestant woodworker designed a Catholic religious grotto, while the mold was made by a Jewish tinsmith. The grotto was sold for the benefit of the group. When members of a Negro society visited the club, they were entertained hospitably, and many members accepted their invitation to attend a return party.

Any holiday is an excuse for a celebration. One year the Irish feast of St. Patrick's Day and the Jewish feast of Purim were celebrated together, complete with shamrock cookies and hamantaschen.

Friendships continue after club hours. Women, especially, visit each other's homes or attend movies together. When a Jewish member died recently, many made the long journey at night to his home in order to offer sympathy to his widow.

To their families, these older people have suddenly assumed a new importance. Instead of just "grandpa" or "the old folks" they have in many cases regained their identity. One man did not tell his wife and son about the center until he brought home a copy of the paper in which his name was mentioned twice. "They looked at me," he reported, "as if they had never seen me before

and my son said, 'Why, dad. You're still going places'."

A middle-aged daughter came to the center for the Easter party, at which her father sang several operatic arias. With tears in her eyes, she said, "This place is just wonderful for my father. We haven't been able to get him to sing anything since Mother died three years ago."

Many physical handicaps, which formerly seemed incapacitating, have been almost forgotten thanks to the stimulating effect of the center. One man used to spend most of each day at the neighborhood clinic with half a dozen complaints. "I haven't got time to worry about myself any more," he says now. A man of eighty formerly insisted on having a Red Cross volunteer drive him to a clinic every day. Now he comes alone by bus to the center three times a week.

Although each member has his own particular interest — art, chess, cards, sewing, woodwork, pool playing, radio listening—it is in the group work that the esprit de corps proudly shows itself. Everyone worked for the annual bazaar, for instance—some making leather belts or pocketbooks; some painting jewelry, building cabinets and bookshelves, designing copper plates and pitchers,

weaving raffia baskets, crocheting bedspreads, painting landscapes. All the products of their work were put on sale for relatives and friends. The teamwork was remarkable.

It is obvious from Hodson Center's experience that no matter how old a person is, he can't be really happy unless he is busy. Recreation centers such as this should be set up in every community where there are older people. Financing should not be difficult. The Community Chest and local social welfare groups could underwrite much of the expense, while in some cases where economic circumstances permit, small subscription fees could be paid by members. The cost of such centers would not be a fraction of the money which is now spent on caring for old people in mental hospitals and homes where they usually receive only custodial care.

The later years of life possess vast untapped possibilities. Perhaps much of the burden placed on now overworked social workers could be lifted if the older person were encouraged, on a paid basis whenever possible, to work part-time in settlement houses, in hospitals, in recreation centers and in nurseries. Then age could be regarded as a happy culmination of life, not a dreaded ending.

Two Ladies Form a Club *

Bill Gold

A RATHER UNUSUAL classified ad appeared in a recent edition of the *Washington Post*:

"Join Our Little Ladies Club. Girls, ages 8 to 13; initiation fee, 35 cents. Write Helen Hickey, 5112 5th st. nw. When you join you receive a pin and membership card."

You know me. I just can't resist Little Ladies Clubs. So I looked up founder Helen Hickey, and found her with cofounder Harriet Gitelson.

"Who gets all this money—all those initiation fees?" I asked.

"Thirty cents of it covers the cost of the membership pin. The other five cents goes into the treasury."

"And who gets the treasury?"

"Oh, that's used to buy materials—for our dolls and pictures and games and things. We're making them."

"You're making dolls and pictures and things? Why?"

"To give to the kids at Children's Hospital. Didn't you know? The Little Ladies are going to make all sorts of presents for the sick children in

the hospital."

"Why?"

"Because we figured that if we were sick we'd like somebody to cheer us up and bring us things."

"Your ad says that your members must be eight to thirteen years old. Why don't you invite the older girls to join, too?"

"Oh, you know how older girls are. They probably wouldn't take an interest in children."

"Ummm-yeah. Say, whose idea was all this?"

"Ours."

"And who put the ad in the paper?"

"Helen put it in but the lady said she couldn't take ads from little girls and she'd have to check it with a grownup; so she talked to my mother and it was all right."

"How old are you, Helen?"

"I'm eleven. I'm in the sixth grade at St. Gabriel's."

"Harriet, how old are you?"

"I'm nine, so I'm only in 4-B at Truesdell. Are you going to put something in the paper about the Little Ladies?"

"I certainly am—ladies."

*Reprinted by permission of the *Washington Post*.

Tips on Christmas Planning



CHRISTMAS, though it comes but once a year, comes *every* year. This beloved festival tends to remain very close to the traditional celebration—it is an old, old story, but seems to lose none of its lustre in the retelling and re-acting. In fact, people look forward to the Christmas celebration and follow it in much the same way as a small child who begs to be told a story with which he is very familiar, and should the storyteller attempt to change even a small detail to vary the tale, he gets only loud protests for his trouble. So at Christmas it is best not to try to be too original. Follow the original story, sing the carols and around this old pattern build a Christmas program. Variety may be accomplished through different placement of emphasis, change in scenery, costumes and particularly in the change of the age group of the participants.

Remember in planning a program of any kind that of all the seasons of the year this is when people are busiest both in business and social life and thus have less time for hobbies and community benefit participation. It is also the time when they are apt to be most willing to help. Select a type of program in which most of the hard work and planning can be done in the director's mind before December. The more care that is spent in planning, the less time will be wasted at rehearsals. Rehearsals must be effective and cut to the minimum. Train each group separately so that they know what is expected of them and have a general idea of the entire performance. Where there are no parts to be memorized, two general rehearsals are a luxury and a program can be well-produced with one *successful* rehearsal. In addition to not wasting time, this method of production keeps the interest of participants at the high level which helps their performance.



From afar, the wise men set out on their journey to the Christ Child.



REPEAT PERFORMANCE

Pat Perkins

CHRISTMAS EVE IN Richmond, Virginia, this year will be celebrated just as joyously as in other cities throughout the nation; but there is one group of people there to whom this will mean more than just another "night before Christmas." This group, representative in many ways of those preceding them, will present the twentieth annual production of "The Nativity" for the people of Richmond. For the first time, funds appropriated by the City Council have been earmarked for the project in the annual budget.

The setting again will be the majestic singing tower in historic William Byrd Park, Virginia's memorial to the dead of World War I. From the specially built stage erected at the base of the Carillon, talented actors recruited from the churches of Richmond will present six stirring scenes, in pantomime, as the narrator's voice rings through the winter air. From another level on the Carillon, the choir of sixty mixed voices, representing several musical organizations, will provide a background accompaniment of carols that are almost as familiar as the story they portray.

If past audiences are any basis for judging, some 5,000 men, women and children, from every walk of life, will be present—forgetting their numb feet and cold noses as they stand, perhaps ankle-deep in snow, to see and hear anew this old, old story.

The Richmond story begins several decades ago when a group of civic-minded persons became conscious of the need for a municipal Christmas celebration, and held a city-wide celebration in a vacant lot, where the State Library Building now stands. For many years the Boy Scouts had set up their Yuletide tree, and the city firemen and Parent-Teachers Associations shared the task of decorating it. Realizing the effectiveness of having the huge tree where more could enjoy it, the sponsoring groups roped off a portion of Broad Street on a hilltop, and for several seasons the tree, sym-

bolizing the holiday spirit of an entire city, could be seen by workers and shoppers in the business district and by the residents at the foot of the slope. Every Christmas Eve, school and church groups would gather there to sing the beloved traditional carols.

In 1926, the celebration was moved by the Community Recreation Association to the Capitol Square, one block away, where it was presented from the broad steps in front of the Capitol. Then it consisted of a tableau backed with music and narration. Reminiscent of the first celebrations, the two evergreens at the foot of the steps were lavishly decorated.

Since few people could see a pageant at this location, tableaux were presented the following year in the windows of the Capitol Building. As Christmas-spirited crowds walked from window to window, a narrator told of the wonderful happenings on that first Christmas Eve, and the choir sang messages of good tidings as the angels had done long ago.

Church groups, civic and social organizations, and industrial groups were invited by the Community Recreation Association to become a part of the Christmas Celebration Committee in 1928, under the leadership of one of Richmond's most distinguished citizens, the late John Stewart Bryan, who served as chairman until his death. It was Mr. Bryan's conviction that Richmond had discovered something in the pageant of "The Nativity" that would become as significant to the people of Virginia as the Passion Play is to the world.

Again feeling a need for a better location, this committee constructed a wooden platform over the water fountain at the foot of Capitol Hill where spectators could watch from the slopes. The pageant itself was quite different that year, thanks to Claire McCarthy, now superintendent of the sponsoring Richmond Division of Recreation, who

had just returned from the National Recreation Congress in Atlantic City, where she had portrayed the Virgin Mary in the Boston Theatre League's staging of the Christmas story. The new script was adapted for outdoor production and the job of narrating was bestowed upon Dr. Douglas S. Freeman, well-known editor and historian. Dr. Freeman played that role until 1946 when his nephew, Mallory Freeman, became narrator.

With the expansion in production and scenery, the cast and staff also grew. Numerous groups volunteered talent and equipment. Among those who still take a very active part are the Catholic Theatre Guild, Shrine Chanters, the Richmond Ministerial Union, the Council of Churchwomen, the Richmond Theatre Guild, Richmond Opera Group, Ars Musica Guild, Richmond Musicians' Club, Richmond Public Schools, Virginia Electric and Power Company, Chesapeake and Potomac Telephone Company, Richmond Theatre Managers, and the Walter D. Moses music store, which installs, without charge, a Hammond organ for the occasion.

Presented for the last time at Capitol Square in 1942, the pageant was abandoned during the war because of shortages of manpower and materials. Resumed in 1946, it was presented at its new and present location, the Carillon. That year the project was in transition from private sponsorship to public financing, and in the interest of the community one of the city's largest merchants, Miller and Rhoads, came to the rescue with funds. In 1947 the council appropriated the money necessary to carry on the tradition.

This year, the committee, which met in October to make detailed plans for the approaching pageant, has at its disposal \$1,500 provided in the municipal recreation budget to take care of expenses such as lights, costumes, labor and so on. For a production which boasts a cast of 200 and a staff of twenty-five, plus innumerable individuals who help in one way or another, this amount seems rather small. But the secret of low expenditures is also the secret of the pageant's success—gifts—not of money, but of time, talent and materials. Think of the total expenses if the Department of Public Utilities charged for stringing the cables across the sky and for wiring the large star which moves impressively through the night as the pageant progresses and comes to rest over the manger in the Adoration scene; if Walter D. Moses charged rent on the giant Hammond organ; if actors and singers presented bills for their contributions.

Costumes and scenery were once big items in the budget for the pageant; however, accumula-

tions through the years have built up a supply that has been adequate for the past several productions. These items are kept in the Carillon basement, where the recreation division stores all such material, and are not used for any other project. When this year's committee members unearth the Christmas pageant supplies, they will find everything they need in the way of costumes and properties, including the indispensable flashlights.

This year's pageant committee boasts a well-organized promotions committee with representatives from countless clubs, women's groups and churches who will make sure that each citizen is invited to attend the impressive event. As last year, the mayor will send a printed invitation to each school child and his family; and the traditional Christmas greetings from the mayor and the governor of the state will again launch the pageant.

Text for "The Nativity" is adapted from Matthew and Luke. "Now it came to pass that the Lord God Jehovah spoke unto Abraham saying, 'And in thy seed shall all the nations of the earth be blessed, because thou hast obeyed my voice.'" Thus, as the dim lights fall upon his brown robe and tight cap, the narrator will unfold the story of the twentieth pageant.

The scenes that follow are acted on the stage, as the narrator continues from his raised stand to the left. In the first scene the angel Gabriel appears in a vision to Mary to reveal her place in the coming of the Savior. Then the actors portray Mary and Joseph's journey to Bethlehem to register for the Roman taxes, and their night in the manger after vain attempts to secure a room at the inn. Angels appear in the third scene to announce the birth of Christ to the shepherds as they tend their flocks. Herod commands his wise men to go find the Christ Child and bring him to the court in the tense fourth scene. The only completely musical scene is the fifth, introduced by a trumpet piercing the night from the very top of the Carillon, followed by the singing angels who appear on the balcony high on the tower. In the final scene, the shepherds and wise men, who have followed the Star of Bethlehem, kneel in adoration at the cradle of Jesus. The narrator ends the pageant saying "And Jesus said, 'Peace I leave with you. My peace I give unto you'."

As the choir sings "Hark, the Herald Angels Sing" men, women and children will return to their homes to await Christmas Day, filled with an indescribable feeling of peace. And another Christmas pageant troop will pack away the costumes and scenery, inspired with the feeling that they have completed a job worth doing.

that
ons.
ent,
ate-
hen
rist-
ing
ties,

well-
nta-
and
n is
last
to
adi-
the
ant.
Hat-
the
ing,
arth
e."
obe
ory

age,
d to
ap-
e in
tray
reg-
the
the
nace
end
o go
ourt
ately
nket
aril-
r on
ene,
ewed
the
eant
you.

gels
to
n an
rist-
mes
hey

ON

Why Not Block Print Your Christmas Cards?*

Toni Ford

QUITE LIKELY YOU have thought of making your own block printed cards before, but just never got around to it. Or maybe you did try it, with poor results. You should have seen the first ones we tried—it would make you feel a lot better. However, we've had more experience since then, and the information we are writing here may encourage some beginner to make a start.

We'll start with the design. All the fancy tools, ink and paper aren't of much use without a good idea. It needn't be anything startling or intricate or tricky. Christmas, to all of us, is represented by certain time-worn symbols, and you can arrange any of these, or combinations of them, in an original and interesting way. Holly and mistletoe, pine boughs and poinsettia, candles and Christmas trees, deer, shepherds, babies and madonnas are just a few of the things that symbolize Christmas. The snow covered roof of a house means home—the center of our Christmas thoughts, and so it has a place in many of our designs for the season.

Begin by making simple sketches of some of these symbols that particularly appeal to you. Many of them could be used just as they are or with the addition of a border, or by just cutting out the lines of the design and leaving a background to be printed. Any of these designs could be worked out as a white line, a black line or a combination print. Where we cut the design lines into the block and ink and print the background, we have a *white line print*. When we cut the background away and leave the lines of the design in relief, we have a *black line print*; and when we do a little of each we make a *combination print*.

You'll need to consider your paper next. Sometimes the size of the block you cut will be influenced by the size of the sheets of paper you choose, so it is a good thing to decide on it before you

Fun for family groups, friends, YOU

actually cut the design. You want a paper that is absorbent. This is particularly important when printing by hand, because you cannot distribute the ink on the block as evenly with a hand roller as can be done on a printing press in the printing shop. You can generally find a satisfactory paper at a local printing establishment or an art supply house. Many cover papers will work out well, as will colored drawing papers and boards, charcoal papers and, when obtainable, such special block print papers as rice paper and the like. Kraft wrapping paper, in heavy weights, can be worked up well with red ink. Paper towels of the better grades will take an impression well, and so will many textures of paper napkins. These are especially useful when you do not have a press for printing and registry (locating the impression in the correct place) is a problem. In such cases, print on a small piece of paper towel, paper napkin or kleenex, trim or tear a square around the imprint, and mount this with rubber cement on your folder. You can make interesting cards in brown or red ink on government postal cards, or use other colors on suitable letter paper or correspondence cards. However, don't get paper with a linen finish; it doesn't look well. You can print your design on separate squares of paper, of contrasting color if you like, and mount the design on the top sheet, or on the inside sheet, of your note paper. This helps to solve that problem of registry, too. One of the best ideas, if your paper is fairly heavy, is to make the print in such a position on the flat sheet that, when it is folded, it need only be closed with a Christmas seal, addressed and mailed—no envelope needed.

Now you are ready to cut the block. Linoleum

*Reprinted from *Put Your Cards on the Table*, by Toni Ford, by permission of the Penland School of Handicrafts, Penland, North Carolina.

is widely used in place of wood these days. You can get scraps of battleship linoleum from the furniture store, which can be printed with a clothes wringer or can be mounted on a flat block for printing. If you can do so, however, it will be best to buy type-high standard printing blocks from your art supply dealer. If you wish to have your cards printed professionally at some commercial print shop, after your designing and cutting, the type-high block is a "must." If you can, get blocks with a white surface for greater visibility when you trace the design. If you can't get a block that is the correct size for your design, get a larger one and have it cut down at any print shop or at a wood shop. If you are careful, you can do it with the family hand saw.

There are two ways commonly used to transfer the design to the block. You may trace the design by using carbon paper directly on the face of the block, or carbonize the back of the design sheet with a soft lead pencil for tracing purposes. In the second method, the design is transferred by means of India ink and ammonia. The first method is generally satisfactory if the design is fairly simple and doesn't have much detail. Remember, in using this method, that any lettering that appears on your card must be cut in reverse on the block. The advantage of the India ink process is that all lettering is automatically reversed on the block, as is the whole design, so that when it is printed, it appears as your original design was drawn. To use this method, you first draw or trace over your design with India ink, just as you wish it to appear on the finished print. Use a pen for lines and a brush to ink in large areas. When the design is dry, place it face down in the correct position on the block, and lay a piece of blotting paper on top of it. Pour a generous amount of household ammonia on the blotter, place another blotter or piece of paper on top, and a piece of cardboard or flat strip of wood on that. Now place a weight on the top of the pile—an electric iron or some heavy book will do. In three or four minutes you will find the design perfectly transferred, in reverse, on the block.

Cutting tools are important. The beginner sometimes thinks he can do an acceptable job without the right equipment. We tried to cut our first one with a penknife and a razor blade. It just won't do. The right tools are so inexpensive that it doesn't pay to try to get along with unsatisfactory substitutes. A veining tool made especially for cutting line blocks can be purchased from any art supply source for thirty or forty cents. It's worth it. It's nice if you can have two—the small V

veiner and broader U veiner. The former is used for fine lines and the latter for removing bigger areas and backgrounds. You can use a similar tool from a woodcarving set. There are special line tools on the market consisting of a variety of removable blades which can be inserted in a standard handle. These are very satisfactory and are also inexpensive. The cutting technique is rather simple. Hold the block firmly with one hand and keep this holding hand always behind the hand holding the tool. Some people, on the other hand, prefer to nail two strips of wood on a drawing board, in the shape of an "L." This arrangement holds the block steady while carving and allows more freedom for both hands. Turning the block works better than turning the tool, when cutting.

Hold the tool, for most cuts, with the end of the handle against the palm of the hand and the forefinger along the blade to guide it. Sometimes, for light cuts, you may hold the tool like a pencil. Make narrow cuts shallow; wider cuts and background areas should be removed to a greater depth. Light cuts are made by holding the tool more nearly horizontal. Raise the tool to an almost vertical position and push harder for deep cuts. Don't make vertical cuts—that is, cuts with straight sides. Leave a slanting shoulder so that the edge of the design will not crumble off with the pressure of printing. Be especially careful of this in making narrow border lines around your design. When you start printing, you may find that the background is printing where you did not intend that it should—you can then take the U tool and remove more material. Sometimes the background is part of your design and the accidental print lines are very attractive. This, of course, would depend upon the design.

When your block is ready for inking, test it by making several proofs. Much of the poor appearance of amateur prints is caused by carelessness in printing. There is first the matter of ink and you will find that there are two kinds that will do an acceptable job—regular printers' ink which has an oil base, and watercolor printing inks. Don't try to use artists oil colors or tempera or anything else. You can get printers' ink at almost any commercial printing shop, and in blue, red, green and brown as well as black. Composition rollers work best for spreading oil inks. These are made of gelatin, however, and have to be babied a lot. If you leave them lying on the slab, the rollers will flatten, and they must be kept away from any heat. If you aren't going to print a lot of cards, get one of the small rubber rollers, or brayers, that the art stores sell. They will do pretty well with printers'

ink and are the best things to use with watercolor inks. The latter have many advantages for the beginner. They dry in a nice flat tone and can be secured in many colors. They are easily spread with a rubber brayer and are much easier to clean up afterward than oil base ink. Before you put your printing things away, wipe the roller clean with a damp cloth. Do the same with the ink slab. It is necessary to use gasoline or kerosene for this job if you use printers' ink. A piece of heavy glass can serve as an ink block, and should be double strength, at least. Plate glass is better; while an old piece of marble from a marble-topped stand is best of all.

What are you going to use for a press? If your block is quite small, say not more than two inches by two inches, you can use hand pressure. Just place the block where you want it on the sheet, place one hand on it to hold it, and put the other hand on top and push. You can use foot pressure on larger blocks. Lay a couple of thick flat magazines on the floor (or a pile of blankets will be excellent for this purpose). Place your paper on the magazines and then center the inked block in the proper spot; place the ball of your foot down gently on the block and slowly let your weight down on it. Lift your foot straight off the block carefully so that you will not slide it and smear the print. It is a little hard to register the print in the right spot when printing this way.



Regardless of the method of making the impression, the manner in which the block is inked will affect the results very definitely. First of all, if you are using a piece of glass as an ink slab, be sure it is on a level surface so that you do not break it by the pressure of rolling out the ink. Don't get a lot of ink out on the slab at one time; squeeze out just a little—say a half inch, from the tube. Roll this out into a thin film by rolling the brayer up and down, and back and forth, and across and up and down again. The purpose is to distribute the ink in an even film over the slab, so

that when the brayer is rolled over it a similar even film of ink is deposited on it. When you are inking the brayer, roll it along over the ink film far enough so that the roller makes at least one complete revolution! otherwise one side of the roller will be inked heavily and the other little or not at all. When you ink the block, lay the ink evenly over the surface by rolling the brayer all the way across a time or two, and then roll it across the other way so that every bit of the surface to be printed is covered.

There are a number of good block print presses obtainable from art supply stores. These range in price from three dollars to fifty dollars and are worth just about what you pay for them. You can do an acceptable job on the cheapest ones, and a better job on the better ones. Where you do just occasional work for yourself, one of the less expensive ones will be adequate. They are operated in different ways, and no general directions for their use can well be given here. If you can locate an old letter press, this can be used successfully. If your design is cut on a type-high block, it can be printed at any commercial print shop. Often this is a more satisfactory solution than any other. After all, you have had the fun of designing and cutting!

Since it is necessary to ink heavily in printing by hand (because you can't get a lot of pressure on a hand press and can't apply it very evenly on many), there will naturally be a pretty heavy film of ink on the printed card—more than is the case when printing on a power press. For that reason, it is not advisable, when printing cards by hand, to stack them on top of each other, because the fresh ink will come off on the back of the card above. Lay them out to dry on a flat surface, overlapping them to conserve space, but do not let any part of one card lay over the printed area of another. Try to work in a warm, dry room when using watercolor inks, since they contain glycerin and take quite a while to dry in a damp location. Ordinarily, the cards will dry in a few hours, no matter what kind of ink is used.

"The fascinating thing about riding a hobby is the fact that one never knows what the destination will be. One may think one does. But a hobby is both whimsical and tyrannical, and will often lead one into situations and make contacts for one that are beyond the wildest dreams of the imagination."—From *The Family and Its Relationships*.

Serious purpose was the keynote; but "never saw so many people have so much fun . . ."

The 1948 Recreation Congress

SUNNY SEPTEMBER WEATHER, blue Nebraska skies, "Welcome to Recreation" on the marquee of the Hotel Fontenelle, hearty midwestern hospitality—all these greeted over one thousand delegates to the thirtieth National Recreation Congress in Omaha, September 26-30. Forty-six states and several foreign countries were represented.

Opening day—and at congress headquarters the many guests milled about, greeting old friends, registering, getting their bearings. The hotel buzzed with activity. Exhibitors of the latest in recreation equipment hurried about, setting up their attractive and conveniently located displays—local exhibits in the main lobby; out-of-town dealers' exhibits on the mezzanine, immediately adjacent to the registration desk, consultation bureau and secretary's office; other out-of-town community exhibits on the first floor just at the coffee shop entrance where diners could not miss them. The display of recreation publications in the consultation bureau drew interested crowds, and the pages of the appointment book rapidly filled as visitors took advantage of the opportunity to get first-hand information and help on recreation problems. A congress press room was again placed at the disposal of delegates.

Meetings were crowded and enthusiastic throughout, and at the close of the session many were heard to remark that this congress had been "tops." This was singularly true. All attending were of one accord—intent on working out together ways in which a greatly needed recreation job could most effectively be done. Unity-of-purpose could well have been the watchword marking this particular annual pooling of experience and ideas.

Local citizens cooperated with the Omaha Recreation Department in extending hospitality to visitors. A local arrangements committee provided ushers, an information booth, entertainment when-

ever possible, and, in general, did everything possible to make the visit to Omaha comfortable and enjoyable.

From the opening session on Monday night to the closing words of Clarence L. Kirkland, chairman of the Park and Recreation Commission of Omaha—"While thanking is being done, we of Omaha want to do some thanking, too"—the congress was distinguished by a daily interchange of assistance between delegates and local groups. It proved to be a happy example of a national congress and a local community working together toward a common objective.

Scheduled events moved forward with the smoothness that is a result of careful organization. The congress received the help and guidance of a number of advisory committees in dealing with its various aspects.

Talks at General Sessions

Widespread comment and large enthusiastic audiences confirmed the fact that speakers at the evening sessions were particularly outstanding. Representing an interesting variety of backgrounds, and as authorities in fields pertinent to that of recreation, they were able to pass on to recreation workers experiences and observations in allied areas of work which were particularly valuable.

Dr. P. M. Bail, president of the University of Omaha, touched upon the problems of our world today, cautioned against complacency in the face of these problems, and stressed, as of top importance, care in the selection of competent personnel to meet the educational and recreational needs of 32,000,000 people. Said he, "It may be much too late to do something about these problems if we don't do something about the adults, those individuals who are running around in circles and don't know whom to follow, those who have a tre-

mendous amount of time which they are spending in a release from boredom, an escape from reality. Think what would happen to the 32,000,000 if we selected leaders with the wrong ideologies, who did not believe in American democracy, who did not have faith in the American people!

"When children come forward at graduation, too often we say, 'Now get out of here. We don't want to have anything to do with you anymore. You can't come back and play in our orchestra . . . You have been, of course, in our junior and senior class plays but we can't have you coming back to our little theatre because all of its time is filled up'."

Dr. William H. Alexander, the well-known and popular pastor of the First Christian Church in Oklahoma City, Oklahoma, who is known for his championing of recreation for young people, gave a stimulating and forceful talk in which he appealed to leaders of youth, as being in "one of the greatest jobs of the world," to avoid confused or prejudiced thinking, to love young people sincerely, and to maintain a positive attitude in working with them—giving them positive things to do. He stated: "You are not going to do anything for your young people unless you believe in them. Belief is the greatest lifting power in the world . . . I have seventeen boys paroled to me in Oklahoma City right now. *I have never met a bad boy!* . . . Young people today are basically clean, basically moral, basically honest, and more than anything else we need to believe in them, *let them know* that we believe in them, and when we do that—they will live up to the best they have in them."

The Honorable Val Peterson, young and enthusiastic Governor of Nebraska, vigorous supporter of recreation, told of the development of the needs for recreation within his state, making a plea that, generally, more be done in schools and churches everywhere—on a year-round basis. He spoke of the new state recreation opportunities which will grow out of the thrilling development of the Missouri River Basin. The citizens of Nebraska and adjoining states are cooperating in a gigantic project to control all moisture falling in an area of 535,000 square miles of territory, thus bringing new prosperity, new life to the dust bowl areas of the Missouri Valley.

At another evening session, Major General Lewis A. Pick, who directed the building of the famed Lido Road in the China-Burma-India Theatre of World War II, followed up the governor's announcement with a colorful story of the romance and hard work of this undertaking in the Missouri



T. E. Rivers, Congress Secretary, inviting Mayor Cunningham of Omaha to 1949 New Orleans Congress.

Basin, thrilling the audience with the statement that, upon completion, that area would become one of the recreation paradises of the world. General Pick is now in charge of that project.

Dr. William C. Menninger, of the Menninger Psychiatric Clinic, president of the American Psychiatric Association, offered a forceful plea for the cooperation of professionals in the fields of psychiatry and recreation, giving an illuminating explanation of the relation of recreation and mental health. (See page 340 in this issue of RECREATION for full text of this address.)

On the other hand, Miss Margaret Hickey, editor, Public Affairs Department, *Ladies Home Journal*, chose the topic "Help Wanted: Women Partners for Recreation Leadership," in which she cautioned recreation leaders to seek the cooperation of community women in developing local recreation programs, warning them "never to underestimate the power of a woman." Said Miss Hickey, "I am talking about men and women becoming fully responsible partners in the community."

Dr. William Cooper, director, Summer Study and Adult Education, Hampton Institute, passed on to delegates some of the experiences in meeting rural recreation needs in Virginia. The following statement might be applicable in any state: "If we are to meet successfully the challenges of recreation in rural Virginia, we must build our program county by county, community by community, in terms of the interests and resources of the local people. We cannot have recreation *for* them, but must *help them* develop and improve their recreation program growing out of their interests and ideals."

Dr. James L. Woods Zwingle, president of Park

Unsuspecting Congress
Delegates Caught in—

Busy Moments

Omaha, 1948



Governor and Mrs. Peterson (center); Robert Hutchings, head of congress publicity, swing into action as square dancing starts.



Arthur Todd (right), NRA district representative in west, conferring with James Sears, Jefferson City, Mis-



At publications display, R. Foster Blaisdell of NRA staff (left); Frank Anneberg, Kansas; Julian Smith, Michigan.



Delegates taking techniques of square dancing more seriously in one of the afternoon activities sessions in social recrea-



Youngest delegate, sixteen-year-old Belva Thum, Ithaca, Michigan, represents her chamber of commerce.



ve in
y, Mis

Exhausted, F. L. McReynolds, Indiana State Supervisor of Youth and Recreation, steals a "catnap."



George Butler of NRA staff (left), in charge of congress consultation bureau, checks with Mr. Blaisdell.



Omaha Princess, Marie B. Bredbeck, head of local history display; Nelle Jenkins, Kansas City; Mr. Todd.



Charles E. Reed, manager NRA field staff (left), "in conference." Mr. McReynolds seems refreshed.

College, Parkville, Missouri, spoke on "Recreation Challenges the Colleges." In pointing out that workers in both recreation and formal education are doing what they can to enable people to enjoy a better quality of life, he said, "The spiritual welfare of any people depends, in a large measure, upon a certain minimum achievement materially. *But*, when that material achievement becomes a goal in itself, instead of a means toward a better quality of human life, the material achievement ceases to have meaning . . . Thus it is not enough that you be simply leaders of activity or of what might be called fun. First of all, you and I must be philosophers of our profession and thus help create the philosopher citizen who is, in himself, a unit of strength, to produce and preserve the kind of life in which human beings can be worthy of themselves."

(Editor's Note: Text of the foregoing addresses will be available in the new Congress Proceedings.)

Schedule of Work

Widely known as a hard-working convention, the congress this year carried on this tradition more intensively than ever. A series of thirty-three panel discussions running through the week included such topics as Recreation for Older People, Family Recreation, Programs for Women and Girls, Training, Teen-Age Problems, Volunteers, Planning Neighborhood Areas and Buildings, Public Relations, Personnel Standards, Drama, Publications, and so on.

Each afternoon, scheduled activity sessions, led by specialists, offered a vigorous hour and a half on drama, arts and crafts, folk and square dancing, music and social recreation. In the Joslyn Memorial Building, Omaha's beautiful art center, arts and crafts projects were going on every afternoon, many of them being led by gifted local people.

In addition, new features of the congress this year were the three one-day institutes. Each institute was attended by about 100 delegates, and consisted of one and one-half hours of activities sessions, led by specialists; a luncheon meeting with an excellent speaker; followed by another one and a half hours of activities and an hour of discussion. Monsignor Luigi G. Ligutti, executive secretary of the National Catholic Rural Life Conference, who addressed the church recreation luncheon, made a plea on Monday for church-sponsored recreation which would enable the individual to integrate the recreational phase of his life with other aspects, in the capacity of participant rather than spectator, in order to combat what he called "recreational illiteracy" throughout the world. He

cautioned that dependency upon others, for spectator entertainment, might lead to dependency upon the state in other aspects of life, a general feeling of "let someone else do it."

On Tuesday, Dr. Carl R. Taylor, head of the Division of Farm Population and Rural Life, United States Department of Agriculture, addressed leaders from rural areas, saying, "Love of beauty is not weak and sentimental; enjoyment of play is not childish. Rather, true recreation is a creative experience." He declared that children should be taught its techniques and values.

The Wednesday luncheon guests, of the Small Town Recreation Institute, listened to Dr. A. F. Wileden, rural sociologist of the University of Wisconsin. Dr. Wileden stressed the need for a more positive emphasis in the field of recreation, and pointed out the importance of turning our attention, as recreation people, to the small community—to help in the development of strong local communities in our society.

Among special meetings, one full day was set aside for a meeting of chief executives of municipal park and recreation agencies, in which they might have an opportunity to thrash out professional, technical problems of the organization and administration of public recreation programs. Great satisfaction in the meeting was expressed by those who attended. An afternoon was devoted to "Polio and the Community Recreation Program," "Community Observances of Special Days," "Girls' Clubs." Other groups which convened, holding their own meetings, included women recreation executives, the Veterans of Foreign Wars committee on 1949 national softball and marbles rules, the United States Public Parks Tennis Association. In addition to the National Recreation School Alumni Association luncheon, the American Recreation Society held their tenth annual business meeting and luncheon, at which George Hjelte was the principal speaker. V. K. Brown was elected president for the coming year, and new fellowship awards were made.

Congress at Play

Singing at the general sessions of the congress is a traditional thing. This year, cooperation with the local community was evidenced even here, when spirited renditions of old favorites were led by local and midwestern leaders.

At the opening session in the delightful Joslyn Memorial auditorium, delegates were treated to the singing of the Iowa Rural Women's Chorus, as a demonstration of one of the outstanding leisure-time programs in that part of the country.

There are now seventy county choruses within the state, with many farm women singing fine music under able leadership. This really thrilling program is made possible through the Extension Department of the Iowa State College. The women are members because they love to sing, and they drive many miles to rehearsals after a long day's work in their farm homes. Every year these groups travel to district and state festivals, and each county chorus sings at many local meetings. Music has become a real force in many homes because of this program, and the influence and value of the choruses cannot be measured. This is recreation in the highest sense.

After the session on Monday evening, delegates took off their coats and really "went to town" when our old friend Ed Durlacher, director of square dances for the New York City Park Department, took over the ballroom and promptly started the huge crowd at "swingin' on down."

After this warming up, everybody turned out, on Tuesday evening at the City Auditorium, for a demonstration—in costume—by the Lincoln Council of Folk and Square Dance Clubs, followed by general square dancing for all. More than 150 dancers came from Lincoln, and other local square dance groups joined what turned out to be a colorful and gay affair. Ed Durlacher opened the ceremonies with a grand march which filled the whole auditorium, and which was impressively led by Tom Rivers, secretary of the congress, and Margaret Hickey, of the *Ladies' Home Journal*. After the first few dances and awarding of costume prizes, Mr. Durlacher turned the occasion over to local square dance callers. Sets were broken up so that each included both local dancers and congress delegates—the former being asked to help the visitors through the more unfamiliar dances. Delegates, however, rose nobly to the occasion, and stepped out with such vigor that a spectator with a bird's eye view could find no "struggling" laggards among them. The local press said, "Never saw so many people have so much fun in the old place . . . Boy, what a beating the floor of the old City Auditorium took!" This affair was especially staged for the congress by the Business and Professional Women's Club of Omaha, and to them we owe our congratulations and thanks.

On Wednesday afternoon, tours were arranged for those who wanted to see Boys' Town and other local points of interest; while the evening, after the general session, was devoted to ballroom dancing which started off with a grand march and included so many "mixers" that all formality was dropped before it even started. Joy Wheeldon,

recreation director of Johannesburg, South Africa, taught a South African dance, involving a circle formation and much moving of the shoulders. During the next few minutes of authentic atmosphere, the Fontenelle ballroom was filled with the rhythm of the jungle.



Industrial Conference

The special Industrial Recreation Conference, held during the first two days of the week, was attended by representatives of many of the country's leading industries, among them—Chrysler, Ford, General Motors, Allis-Chalmers, Pillsbury Mills, railroad and airline companies, chambers of commerce, as well as by representatives from manufacturer associations and labor groups, and community recreation departments.

The spirit of these meetings, which were well-attended, was in keeping with that of the entire congress. At the first session, O. L. Allman, director of industrial relations, Associated Industries of Missouri, St. Louis—as principal speaker—started the ball rolling by talking on the subject of the recreation program's effect upon relations among employees, between employees and management, and labor unions and management.

At the Tuesday luncheon, Ray Kooi, supervisor of employee recreation at the Ford Motor Company, was the main speaker. Mr. Kooi gave a vivid description of their many activities, other than athletic and physical activities, which might be included in any employee recreation program. Interesting, among several that are unique, was an account of what is being done in the Ford company to help employees with their vacation plans.

Other conference meetings considered such topics as: Selling Employee Recreation to Management; Personnel Standards for Industrial Recreation Directors; Building Employee Recreation Programs; Recreation Programs for Plants Over 2,000 Employees; Recreation Programs for Plants Under 2,000 Employees; Interplant Industrial Recreation Associations. Round table discussions

ORDER YOUR PROCEEDINGS NOW!

Because it is impossible to summarize in RECREATION all of the interesting sessions of the congress, the full proceedings—including addresses, summaries of discussions and a report of the industrial sessions—have been gathered together and sent to the press. This storehouse of valuable ideas and material will be available sometime in January, but, as only a limited number of copies are being printed, we advise that orders be sent *at once* to the National Recreation Association, 315 Fourth Avenue, New York 10, N. Y. Price: \$2.25.

covered such problems as those of: organization, administration, finance, family activities, special events, activity programs, women's activities, union recreation programs. In reference to the last topic, John Strobel, recreation director of the Wisconsin State Federation of Labor, stated that he could see no reason why labor unions could not cooperate with other employees in the conducting of an employee recreation program.

Next Congress

Announcement of the time and location of next year's congress was made, thus giving community recreation departments ample time for planning.

The Board of Directors has selected New Orleans as the meeting place, September 12-16, 1949. In extending an invitation to all, Mr. Rivers said: "Many factors were considered in making this decision. It has been twenty years since a congress has been held in the deep south. There have been extensive developments in that area—one of the most outstanding during the last eighteen months being that in one of America's most picturesque cities, under the dynamic leadership of the Honorable deLesseps Morrison, young and progressive mayor of New Orleans . . . We want everyone here to be with us, and each of you to bring an additional delegate!"

Basketball Shooting Competition

THE BOYS AND girls were excited, and very proud. The mayor of the town, a group of county executives and a city newspaper representative were formally presenting awards between halves of the big game. Twenty-four young basket shooters, under twenty-one years of age, were lined up, awaiting their turn—they were the champion shooters of Erie County. This scene took place in the Memorial Auditorium, Buffalo, New York, in January 1947.

While the above event was most satisfying to the twenty-four young people involved, it actually was the result of a much more important project to those interested in youth recreation in that county. To them the salient fact was that during November and December 9,302 girls and boys of this county had taken part in these qualifying competitions. As that is quite a number of young people, it does not seem out of place to examine, in some detail, the form of competition which attracted so many.

The "1947 Youth Basketball Shooting Championships of Erie County" were the goals of the contestants. It all came about this way:

In the early fall of 1946, J. Y. Cameron, Jr., Director of the Erie County Youth Bureau, was seriously pondering the type of competition he

might suggest to assist organizations in conducting a program for the youth of the county. The type of activity desired was one which would be simple and easy enough to permit its promotion by municipalities and local organizations with a minimum of effort and expense. It also would be one which would offer Erie County's young people an organized, wholesome activity which they could enter as individuals, without organizing a team; one in which the possibility of injury, because of lack of physical conditioning, would be practically zero. It would be a competition which would keep them interested and busy; one in which even minor deformities would not prevent participation; and, lastly, one which would enable them to have the chance of winning public recognition and awards. Basketball shooting, along the lines described below, seemed to be the answer, and so contest rules were drawn up which stated:

1. Competition will be held in six separate groups: *junior* girls and boys under sixteen; *intermediate* girls and boys under nineteen; and *older* girls and boys under twenty-one, all ages as of January 31, 1947.

2. An official attempt consists of the following fifteen tries, to be taken in the order shown:

None, one or two (at most) practice shots from line one, clearly indicated by the contestant, in advance, that they are to be practice shots.

Five shots from line one, (the free throw line) counting one point for each basket made;

Two shots from line two;

Two shots from line three;

Two shots from line four, counting two points for each one made;

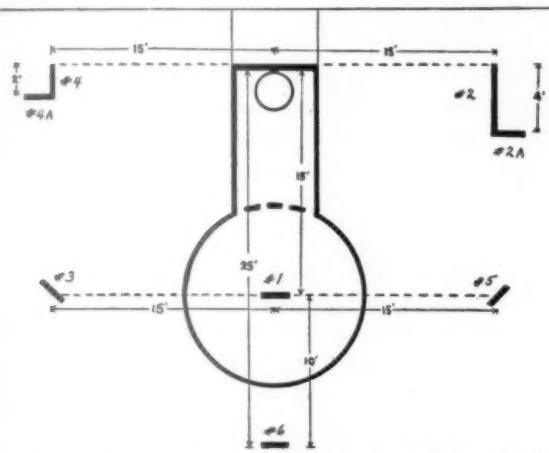
Two shots from line five;

Two shots from line six.

A contestant's score shall be the total of points made in one official attempt.

3. In the event of a tie, contestants so tied will take one shot in order (with no additional practice shots) from each of the six lines, scoring as indicated above.

4. The manner of shooting is optional—one hand, two hands, underhand, overhead, from the chin, and so on. All shots are permissible as long



as the contestant, having declared "ready to shoot," takes no steps, nor touches on or over the specified lines until the ball has left his hands. A jump shot is permissible.

The organizational set-up within the county was planned so that almost every young person could take part. All youth organizations, public or private, by means of publicity, were invited to hold a community contest. These contests, organized in whatever manner a particular organization desired, were held during November and December, with a contestant having the right, as far as the local promoters' time and fairness to other contestants would allow, to make as many official attempts as he wished during these two months. His best official record counted as his score. Between the fifteenth and twenty-eighth of December, each winner of each group participated in the respective municipal championships, held once only, at a pre-publicized time and place. Then on January fourth, in the State Teacher's College gymnasium, all of the municipal champions (first, second and third in each group from Buffalo) competed in quarter

county qualifiers. Eliminations brought down to four, in each of the six groups, the number of eligibles for the championship finals.

The schedule of finals—Intermediates on January ninth; Juniors, January eleventh; and Olders on January eighteenth—was held between the halves of the college doubleheader basketball games, at Buffalo's Memorial Auditorium before an audience of 4,000 to 9,800 people. The following table shows the extent of the participation:

Municipality	Number Contestants	Number Community Contests	Number Municipal Champions in Quarter County Qualifiers	Number County Prize Winners
Buffalo City	5,438	44	17	7
Lackawanna City	2,117	21	6	5
West Seneca Town	884	3	4	2
Clarence Town	151	2	4	0
Lancaster Town	149	2	5	1
Tonawanda Town	142	3	4	1
Hamburg Town	131	1	2	0
Amherst Town	112	3	4	1
Aurora Town	89	2	4	2
Cheektowaga Town	75	2	5	3
Alden Town	14	1	4	2
	9,302	84	59	24

The spirit of cooperation which existed among the recreation directors, public and private clubs, and private citizens in handling these promotions was excellent, and was evident, too, among the approved basketball officials in that area, the Buffalo State Teacher's College, and the Canisius College Athletic Association. The *Buffalo Evening News* also deserves commendation for its excellent assistance in sponsoring the awards. Each group community contest winner was awarded an *Evening News*-Erie County Youth Bureau winner's certificate; each municipal champion received a municipal championship certificate; and the winners of first through fourth places in each of the six final groups were presented solid gold lapel pins, depicting a basketball on the rim of the basket in relief, and engraved with position won, year, and the individual's initials. In addition, the six individual champions received attractive jackets.

Credit for actually inventing a new game is not claimed by the Erie County Youth Bureau director. He readily admits that he merely put a combination of several informal practice games such as "50," "21 follow up," the old style "foul-shooting contest," into worded rules, very successfully.



Gaye Parties for Ye Moderne Pilgrims

~(Thanksgiving)~

The Youngsters Celebrate

Invitations—Cut out little shapes, suggestive of Thanksgiving — turkeys, pilgrim hats, pumpkins and the like; or use birch bark or birch bark paper for a two-page invitation and pin it together with a small arrow or a split stick.

Decorations—Design large, colorful turkeys made from cardboard; huge pumpkins, a horn of plenty. Place cornstalks, decked with bright orange bows, in the corners of the room. Use effective lights, fall leaves and flowers; an improvised Plymouth Rock and large sketches on cardboard cut-outs of the Mayflower, Pilgrim and Indian scenes.

A costume party always adds extra fun to the festivities, so suggest that the boys and girls wear appropriate Thanksgiving outfits.

Refreshments—The food to be served depends upon the time of day and the age of the children. Cider, doughnuts, pumpkin pie are suggestive of the season. Popcorn balls and apples are equally appropriate. For a special treat, serve turkey sandwiches, honey cookies, chestnut ice cream, candy corn.

Games—These can be of the active sort and many old favorites can be varied to suit the occasion. For example, instead of pinning the tail on the donkey, youngsters can pin the comb on the turkey; Follow the Leader can be changed to Turkey Trot; Button, Button can be called Hunting the Thanksgiving Turkey. A liberal use of small prizes and favors—such as corn cob pipes for the boys, and bracelets made of corn for the girls—will add much to the success of the entertainment. Try the following:

Turkey Cutting—Each child is given a piece of brown paper and a pin. He is asked to cut a turkey from the paper with the pin, and color it with crayons. The one who has the best turkey when the time is up is given a little prize.

So Do Teen-Agers and Adults

Invitations—May be written on fruit and vegetable cut-outs; on paper turkeys; or on cards designed as autumn leaves, with the invitation itself written according to the queer spelling and expressions of the sixteenth century.

Decorations—Mask the lights with cardboard lanterns decorated with turkey silhouettes. Have orange paper streamers radiating from a bunch of colorful balloons in the center of the party room. Along the streamers, hang cut-outs of pumpkins, ears of corn, leaves and other appropriate symbols of the season. Arrange stacks of cornstalks in corners or in large earthenware jars. Bowls of fruit, nuts, vegetables can lend an atmosphere of festivity and plenty. Turkey, horn-of-plenty and Pilgrim motifs can be added in table decorations, favors or prizes.

Refreshments—This group will be just as pleased as the youngsters with the festive foods mentioned for the children's party.

Games—Try the following to help make your party a merry one:

Dramagrams—Divide the guests into two teams. Each team makes up a list of short quotations, book titles, slogans and the like. The captains of each side exchange lists and then one player on each team is told the name of the first proverb or title. That player then tries to convey the phrase to his teammates by acting it out—in pantomime. He holds up his fingers to indicate the number of words in the phrase, and members on his side may question him as to whether it's a quotation or slogan to which he is referring. Then the player starts his acting, starting at any word in the phrase and indicating the place of the word by holding up his fingers. For instance, suppose the quotation is "Give me liberty or give me death." The player holds up seven fingers. Then he holds up two fingers to indicate the second word and points to himself. He interprets each word until his teammates can guess the complete phrase.

Playing Out Problems in Socio-Drama

A Discussion Method for Older Rural Youths*

SHAKESPEARE SAID, "All the world's a stage and all the men and women merely players"; and each of us constantly proves this point by playing—consciously or unconsciously—a number of real-life roles (the father, mother, lover, sweetheart, the son or daughter, wage earner, church-goer, and so on) in the complicated drama of living.

Through socio-drama we can watch these roles

as they develop in typical conflict situations. We can compare our own way of playing a role with the role-performance of the other members of our group. How adequate are we in difficult real-life situations? What new skills and attitudes do we need to develop, to become effective members of our own communities, effective citizens in a representative government?

Suggestions for the Use of Socio-Drama

Socio-drama is a discussion method. The basis of the discussion is an extemporaneous dramatization of some problem or real-life situation by members of the discussion group.

What Does It Take to Play Socio-Drama?

a. A "Director of Production," who corresponds to the discussion leader of a forum group, and whose job it is to keep the action going spontaneously.

b. Participating actors who take the roles required to play out the situation decided upon. These actors need not try to be "dramatic," but need only to play their roles as realistically as they have seen them in real life. Of course, a further responsibility is to develop the conflict as clearly as possible and to keep the action going until the director stops them.

c. Participating audience made up of those who can sympathetically consider the problem being enacted, who can extend the thinking of the group by thinking through alternative solutions to the problem, and who can even "go into action" themselves to demonstrate their points of view.

Socio-drama works best with groups of around twenty-five persons to permit maximum participation by the audience. Demonstrations may be given before larger groups.

How to Start to Play Socio-Drama?

Some simple illustration might be used to demonstrate the socio-drama method before a new group—such as a speeder and a traffic cop. The procedure might take the following form:

a. The director asks for a show of hands of those who would like to own a new automobile. Two young men and a young lady are asked to come to the stage.

b. Two chairs are arranged as the front seat of an auto. One young man is asked to take the young lady for a ride and point out the new features of the automobile, and so forth.

c. As the ride proceeds the second young man can be tipped off secretly to play the role of a traffic cop.

d. The young man driving the car is then encouraged to show how fast the auto will go. At the proper time the traffic cop is signaled to make his entrance from the rear.

e. The director then encourages an argument. The argument may be stopped from time to time to get ideas from the audience. The players may

*Reprinted from an adaptation of an outline developed by Robert B. Haas, former instructor at Ohio State University High School. Put out by Ohio State University, cooperating with the U. S. Department of Agriculture; Agricultural Extension Service—H. C. Ramsower, Director, Columbus, Ohio.

be asked to try out the suggestions, or the persons making the suggestions may be asked to come to the stage and take over one of the roles. Another procedure is to reverse the roles (the traffic cop taking the role of the driver, and so on), especially when one of the characters is dominant or is inclined to be "fresh."

f. Following this demonstration the director can continue the discussion with questions such as, "What is the purpose of the traffic officer?", "Why do we need traffic officers?", "Who hires them?"

The above demonstration need not take over ten to fifteen minutes. It then can be followed by playing out real-life situations. The director may have the audience help decide what characters or role-types are needed to enact the situation, and how each role might be played so that the conflicts are clear.

Summary of Techniques Used in Socio-Drama

a. Actualization—or simply acting out spontaneously the roles that are embedded in a particular situation.

b. Role taking—"taking on" or "carrying" roles which are required by the situation.

c. Interaction—reacting with the other members of the cast as you think your role requires.

d. Role reversal—the director may switch two members of his cast in order to give them insight into one another's roles. This is a good test of role sincerity.

e. Auxiliary coaching—the director may suggest ways of "pointing up" the conflict to a member of his cast *during* the performance; or the members of the participating audience may make suggestions to the role-takers to help them from time to time.

f. Discussion—of how the different roles were enacted, of how the different conflicts were solved, of other ways to approach the problem, of other problems which may be suggested. Such a discussion can be carried on very fruitfully during and after a socio-dramatic session. Socio-drama can be used by groups to clarify and test adequacy of social habits, skills, attitudes, values—in action.

Situations for Consideration

Under the direction of your director, try to decide what characters or role-types would be needed to enact some one of the situations below. Try to decide how each of these roles might be played so that the conflicts are clear. How would each of the persons involved think, act, and talk if they got together and tried to "work things out?"

a. Jean is an eighteen-year-old girl who was

very close to her parents until she overheard them discussing her boyfriend, Ted, and discovered that they didn't care for him at all. Jean is very fond of Ted, who has asked her to marry him when she finishes school next summer, and she finds that she must either reconcile her parents to Ted or else make the decision to marry him against their wishes.

b. The young people in a small community have started a youth group. They meet for a few weeks at a local church. Even the minister agrees that social dancing is an appropriate activity for them, but because of local tradition, he does not feel free to have them dance at the church. Failing any other meeting place, the young people decide to approach the high school principal for the use of the local school building after hours. The principal is responsible to a tough school board for all of his decisions. Many of the board members are prominent in work at the church, too.

c. Bill works for his father on the farm. He knows that the war years have been the first financially easy ones his parents have ever had, and that every penny of the family money is accounted for in advance. He gets a moderate allowance from the profits, but, since he last year chose the farm as his life's work, he feels that some more business-like arrangements should have been made with his father. For example, sometime he may want to marry, or to have a car of his own when he can afford it. Right now both seem impossible. He does need more allowance, however, because he has found a girl in whom he is interested.

d. Larry has been working hard to become financially independent of his parents by raising and selling some livestock of his own. While he is having a late breakfast with his father and mother on Sunday morning, that nasty neighbor storms in to accuse Larry of letting a bull get out and destroy his vegetable garden. Neither Larry nor his parents have ever met the neighbor, who keeps vicious dogs around his place and discourages visitors of any kind.

Groups should be able to describe many other real-life situations similar to those above.

"The art of the theatre is the oldest of the arts known to man. Before ever there were written records, or pictures, or even the beginnings of speech, individual prehistoric men demonstrated to their fellows how they had stalked or been stalked by their natural enemies and how, in the encounters which followed, they had emerged victorious. . . ."—Herschel L. Bricker in *Our Theatre Today*.

Hobbies ~



Miniature Movies For Moppets

Amy Elizabeth Jensen

ONE OF MY hobbies is the making and collecting of tiny things of many kinds—furniture, outdoor settings, novelties, toys and dolls—and using them to make colored movies or series of stills for children. Youngsters are delighted with these entertainments, for they are enchanted with anything of Lilliputian proportions.

The themes for these pictures are seasonal activities, nursery rhymes, original and other poetry, fairy tales and other stories, variety shows, sports events, and other subjects which are of interest to juveniles.

Most of the pictures are exposed indoors, using tabletop scenes; but some are taken outside. To secure the proper perspective for those taken inside, a long, wide, unfinished table is used. Sets

are made from discarded articles of many kinds, and from easy-to-obtain, inexpensive material. Mountains are constructed of painted clinkers; twigs with artificial leaves look like real trees; in some scenes the flowers are tiny real ones, while in others they are cut from old boutonnieres; grass is real or is made from green roofing paper or dyed sawdust; salt, soap chips and artificial flakes make snow; water from a hidden hose forms a running brook. Buildings are toy ones, or are made of cardboard cartons or plywood. Wind-up, mechanical, jointed, or electric toys are sometimes used—boats, trains, automobiles, animals, and so forth. For interiors, plywood furniture is built to scale, and rooms are complete with Turkish towel rugs, curtains, and accessories fashioned from costume jewelry and other novelties.

Using a little ingenuity, weather and other effects are easily created. An electric fan makes a windstorm, and when artificial snow is thrown into one, a raging blizzard is provided. Water from a sprinkling can furnishes a shower. Crumpled tissue paper burning in a fireplace gives the feeling of cozy warmth, and real smoke pouring from a chimney gives a house a lived-in appearance. Revolving stages and moving platforms are used for vaudeville shows.

Tom Thumb actors are jumping jacks, mechanical figures, jointed dolls and pliable wire-bodied ones. Motion for these is obtained by manipulating slender wire and strings attached to them, and also by altering the positions of the body parts and by moving the dolls themselves.



Pursuit of the hobby of collecting miniature objects has led to charming entertainment for many children.

World at Play



New General Extension Division project of University of Florida is leadership training course—here conducted by Anne Livingston, NRA training specialist.

Stamp Collectors, Please Note!—Highlights of American history, portrayed in colorful poster stamps, is the objective of the Florida Historical Research Institute. The initial series, featuring twenty-four Florida poster stamps, is planned as an attraction of Florida History Week, December 5 to 11, first anniversary of the official opening of the new Everglades National Park. Each year's stamps will supplement previous productions, and the plan to expand the program nationally opens an opportunity for collectors to compile a pictorial history of absorbing interest.

The Florida Institute is now offering charter memberships at one dollar, which will include the first issue of twenty-four stamps and an album with related research data for each scene pictured. Similar institutes will be planned for other states.

Something to See—Here's a novel addition to your sightseeing list—the Biltmore Industries of Asheville, North Carolina, known as "the largest handweaving establishment in the world." A visit to Biltmore Industries will enable you to see every process of dyeing, carding, spinning and handweaving. You may even be able to see hundreds of yards of homespun hung on the tentering fences in the sun—a procedure followed for centuries in Scotland. Guides escort guests through the shops every half hour.

A Creative Christmas—The products of Kris Kringle's workshop—both good and bad—are again under the strict observation of the Committee for Better Playthings—an organized group of leading child study experts, educators, psychiatrists and pediatricians. These experts have inaugurated a campaign to make this a "creative rather than a gadgety Christmas," and are serving as a board of review, to point up for the press and child study groups significant trends in toys, books and record fields which are contributing to the play life of the child.

Writing Contest—The American Technical Society announces its fiftieth anniversary textbook manuscript contest to encourage the preparation of text and reference material for students above the elementary school age. The subject matter should encourage education for adjustment to life and help young people to acquire information, skills, habits, attitudes which will lead to living fully and making profitable contributions to society. Readers of **RECREATION** who enter the contest might use as a subject, education for a recreation profession. Anyone may submit a manuscript to the Society before December 31, 1949 to be eligible. For further information, write to the American Technical Society, Drexel Avenue at 58th Street, Chicago 37, Illinois.

Publications and Your Recreation Job



ALL WISE AND alert recreation executives and leaders are aware of the vital importance of the use of publications in the planning and carrying out of a well-rounded recreation job. They recognize publications as essential tools in getting that job done to the best of their ability. They realize that good use of printed materials is well worth the careful thought and planning entailed.

Such publications can be classified into two categories:

1. Those which bring to us, as recreation workers, the latest thinking on the why's and wherefore's of recreation, its philosophy, new methods of work, information as to things that are being done in other communities, new administration, organization and program ideas, news of our fellow workers;
2. Those publications which we ourselves put out as a part of our recreation program.

a) To interpret and promote this program among citizens of our community, visitors, those national organizations whose cooperation we may desire. Such publications might take the form of reports, guides, promotion leaflets, periodic publications in the form of news sheets, and so on.

b) For the use of fellow recreation staff members or for volunteer leaders, suggesting outlines of work, programs, how-to-do materials, new program ideas, manuals, guides, inspirational materials.

c) In cooperation with a group of constituents publishing material as a part of a program activity—printed programs, news sheets, instruction sheets, manuals.

d) In preparation for outside publication—such as books, pamphlets, magazine articles on various aspects of our work.

In the case of all materials, whether put out by ourselves (or by others in our department) or received from other experienced workers in our own or allied fields—there is one point at which many of us break down. That is, at the point of effectively using the materials ready to our hand. Many

of us, for instance, subscribe to national publications in our field—publications put out for the express purpose of helping us. Just as the doctor subscribes to the Journal of the American Medical Association, and turns to it for latest treatments, diagnoses, symptoms, scientific developments, news of new fields of medicine, which are so important to him, so we subscribe to the periodicals of our own national organization, or of other national organizations in the recreation field. Each month these materials come to our desks and peer at us among our morning mail. What happens then? What do we do with them?

Are we "too busy" to bother with them at the moment and do we put them aside for future reference? Do they become buried under papers, in a drawer, forgotten, never again to see the light of day?

Or—are we alert to the fact that they may contain just that bit of information or suggestion that we need at the moment; that they may carry good ideas for the new crafts group, playground program, and so forth; that other members of our staff and volunteers need the new ideas, help, stimulation and fresh thinking which these pieces of material carry; that they may contain just the right words to help win the support of hard-headed Jasper Jones on the citizens' committee?

Do other staff members see them? A few copies of RECREATION, for instance, casually left about the recreation center, might stimulate interest in new program activities, help people see what other communities are doing in recreation; while a few copies taken to a committee meeting might help you sell a new program interest, a new organizational set-up, an idea for new equipment, and so on. A few good photographs of teen-agers square dancing, clipped and tacked on a bulletin board in a prominent spot, might show *your* young people that teen-agers in other communities think square dancing is pretty "hot stuff." How many copies

of the magazine do you receive, and *how do you use them?*

Some additional ways of putting publications to work are: to display them conspicuously in a spot where they are accessible to all leaders; to have it known throughout your department the date of their receipt and that they are available to all—staff and volunteers alike; to use them as program stimulators for specific activities groups; to go through them carefully for your own information and to make a list of the pertinent and useful articles and materials received and post this on a bulletin board, prominently placed; to take them with you to committee meetings of either citizens or staff, call attention to them, pass them around, let them work for you. Look through your magazine or bulletin files for help with specific projects—festivals, plays, community celebrations, parties, seasonal ideas.

One way of keeping your staff (and yourself) on their toes is to see that all of you are familiar with all the latest developments, accomplishments, methods, thinking, in your field. Don't work in a vacuum; don't isolate your staff from those things which will help them be better staff members, do better jobs, stimulate their thinking. What would be your opinion of the physician who was ignorant of the latest treatment of cancer, the new discoveries regarding polio, the stand of the AMA on current questions important not only to the profession but to the layman as well?

In regard to the materials which you yourselves put out—those leaflets that seemed such a good idea at the time, that manual written and issued by the new hobby group, that weekly news sheet that the teen-agers are so proud of—how are they used? Do you carefully plan their promotion and distribution for the purposes of interpreting your program, recruiting new participants of laymen and citizens whom you have not reached, winning new people to your support, passing on program ideas to others? Have you ever encouraged volunteers, skilled in some particular hobby, to share it with other members of their group, or other groups, via printed suggestion sheets, how-to-do materials? Do you encourage groups to undertake such projects on a cooperative basis? Have you realized the program possibilities of such a project?

Content

In putting out publications of our own, how do we go about it, anyway? Too many of us embark upon such an undertaking knowing little or nothing about it, taking too little time for careful thought and planning, with the result that these

publications too often bear witness to our lack of experience, too often fall short of filling the purpose for which they were intended, too often are unattractive, ineffective—a waste of time, effort and money.

Important steps in planning are:

1. Careful consideration of *purpose*: in what way will the publication be used, what is it *for*?

2. Careful consideration of *audience*; for whom is it intended: educational and cultural background of audience; age group; staff-members, administrative or program; volunteers; participants in program, citizens' committees, audience knowing nothing of recreation, local or national audience?

3. Deciding *how* to make it most useful:

a) Consideration of content—what is most needed?

b) Presentation—shall it be ABC's or advanced, informal or formal, gay or dignified; will it be important to include suggestions as to how-to-use this material; clarity, practicality?



4. *Form*: This includes format, design, layout; use of type versus photo-offset, versus mimeographing; problems of illustration, engraving. If you have definite ideas as to how your material should look, try your hand at doing your own layout. It's fun. However, it will save time, headaches, and often money, to talk it over with your printer first. You'll find him liberal with good suggestions, at no cost to you. Also, he will advise you as to comparative costs of printing, photo-offset and so on. Make up a rough dummy, actual size, to show him—indicating placement of text and illustrations. Beware of presenting too much solid reading matter. This scares readers away. Break up your text with white space, subheads, art work; don't crowd too much on one page. Be sure to place your department identification in a prominent spot. Remember that if photographs are to be used, they must be marked for reducing or for blowing up to proper size. This should be done as the layout is made up, and not afterwards. Do not send layout and photographs to a printer without first dealing with this problem; the pictures may be the wrong proportion for the page and thus not usable.

If you wish to have the help of a professional artist for your layout, talk it over with him carefully; be sure that he understands what you want.

5. *Distribution*: Plan your distribution of the material as far in advance as possible. Groups to receive it are, of course, determined by content and purpose of the publication.

a) If for promotion purposes, some of the ways of distributing are: through civic groups, local organizations, PTA's, church groups. Place a table of folders in a prominent place in your recreation center, with a poster above it, using challenging questions or quotes from the folder. Use art work from the folder; look for talent in your center and ask your art groups to make arresting posters to display, with a supply of folders, in other places in town—the public libraries, banks, post office, bus and railroad terminals, stores, neighborhood meeting places, offices—when possible. Ask the cooperation of local public utilities companies in enclosing a leaflet or flier in their monthly bills. In announcing a playground program, some departments have prepared printed announcements to be passed out to children in school on the last day before summer vacation. Be sure to have your department name and address on every folder.

b) Publications may also be put out as a program project. Use among other groups as a program stimulator; distribute to local organizations as a recruiting device; explore your community for folks who would be interested in receiving such material; post on bulletin boards; let the group responsible for the project plan ways of distribution among their friends. Get the editors of your local papers to write up these projects, and include an announcement that copies are available upon request. Give members of the group public recognition for their efforts. Give a copy of the material to *every* volunteer.

When promoting some particular project, such as a new swimming pool, a new playground or new program, it is a good idea to start a special bulletin board in your center, with clippings of all sorts on the subject. Encourage different recreation groups and clubs, and others who drop into the center, to contribute further clippings from newspapers, magazines, and so on.

Use printed materials in your volunteer training groups and staff meetings, and encourage their use as a part of in-service training.

There are many ways of making publications useful in developing a well-rounded recreation program. Have you tried? (Editor's note: RECREATION would welcome brief accounts of how *you* use and distribute materials. Won't you let us hear from you?)

Christmas Gifts

MEMO

TO ALL THOSE FRIENDS INTERESTED IN
RECREATION, AND TO THOSE WHO
SHOULD KNOW SOMETHING ABOUT THE
RECREATION MOVEMENT:

*Send a
Subscription to
Recreation Magazine*

NATIONAL RECREATION ASSOCIATION

315 Fourth Avenue, New York 10, N. Y.

SUBSCRIPTION	CLUB RATES	SINGLE COPY
\$3.00	\$2.50	35c

MULTI-LAMINATED DIVING BOARDS

Ask for

Free Trial Offer

N. B. MADSEN

2019 No. Keystone Avenue
CHICAGO 39, ILL.

National
headquarters for
GYM MATS

Don't buy until you see our free, illustrated catalog. Write today!

National
GYM & EQUIPMENT CO.
OMAHA, NEBRASKA
WISCONSIN

Recreation News

Surplus Play Equipment

The War Assets Administration has announced the availability of about \$150,000 worth of surplus athletic, game room and playground equipment for free distribution (except for handling costs) under the provision of Public Law 652. This material consists of 100,000 dart games; 78,000 backgammon games; 60,000 checker games, and 6,500 parchesi games. Also available is about \$25,000 worth of sports equipment, consisting of varied items in small quantities, as well as 1,600 head protectors for boxing and 1,400 training bags. States and their political subdivisions and non-profit organizations are eligible to receive this material.

The distribution is being handled by Sports America, Incorporated, and requests for equipment should be sent to its nearest regional chairman. On the list of the company's chairmen are: Ed Danforth, *Atlanta Journal*, Atlanta, Georgia; Lou Niss, *Brooklyn Eagle*, Brooklyn, New York; Jack Carberry, *Denver Post*, Denver, Colorado; George Barton, *Minneapolis Tribune*, Minneapolis, Minnesota.

Bogota's First Playground

Bogota, Colombia, has its first modern playground. It's a gift from Professor Salvatore P. Lucia, of the University of California, who felt that there were too many children wandering in the streets with no means of diversion. The professor is a member of a mission of United States scientists visiting the city and Medellin, under the auspices of the Unitarian Service Committee. His gift will be used as a model for other playgrounds to be built throughout the country.

Winter Sports Thrill

Aero-skijoring—a new winter sports thrill—has been discovered by Middlebury College skiers in

Vermont. Only the most proficient hickory slat users should attempt this past-time, however, since the skier travels fifty-five to sixty-five miles an hour while holding a rope hanging from a low-flying plane. Last year, some runs were made on Lake Champlain and experts found that the best time to participate is after a fresh snowfall.

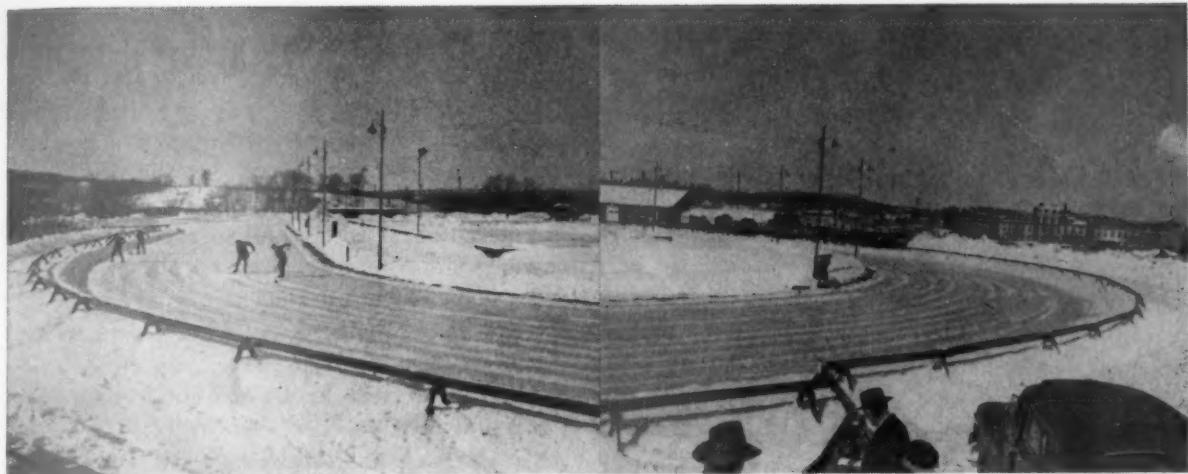
Jersey Federation Gets Results

After a twelve-year battle in the legislature, the New Jersey Wildlife Federation—an affiliate of the National Wildlife Federation—this year was able to obtain the endorsement of a bill making striped bass (rockfish) a game fish in the waters of the state. The Federation also sponsored a bill providing for a special season for hunting deer with bow and arrow, and defeated two bills which were introduced in the New Jersey legislature—one which would have required the registration of all firearms owned in the state, and the other which would have placed fish and game wardens under the state police.

Columbia's General Speaks

More than 1,200 students of Columbia University's undergraduate college for men gave hearty cheers to General Dwight D. Eisenhower during a campus meeting when he assured them that he considered the expansion of the college recreation facilities one of his first duties as president of the university.

The General said: "The day that goes by when you don't have some fun is not only unnecessary, but un-Christian. If you don't have it, you are not being true to yourself." He stated that a student center on the campus, a new gymnasium, and the improvement of Baker Field are the most important needs of Columbia at the present time. He promised he would work toward their realization.



Permanent Ice Skating Rinks and Their Use as Year-Round Recreation Facilities

Douglas G. Miller

TWENTY YEARS AGO the recreation department in Newburgh, New York, began experimenting with the construction of outdoor ice skating rinks and learning the methods to be employed in building ice. Various types of rinks were tried on tennis courts and athletic field grounds, and we learned, by "trial and error," the correct ways of applying water to produce perfect results. The recreation department soon became aware of such basic factors in rink and ice construction on earth surfaces as: that the ground must be level; several inches of frost must be in the earth before flooding begins; the sides of the rink must be leakproof; water should be applied by the hand-hose method and each layer of water allowed to freeze before applying the next coat.

The most successful of Newburgh's temporary rinks was an eighth-mile track, constructed with wood sidewalls banked with earth. This rink was located on the athletic field, necessitating erection and removal of the facilities each year.

In 1933, however, plans were drawn for a permanent ice skating area and the project got underway in 1934. The rink was designed to provide a competitive sports program of speed skating and

hockey, in addition to public skating. Each year since then new improvements have been added and, at the present time, Newburgh has one of the finest equipped permanent outdoor ice skating areas in the United States.

The winter sports area consists of four and one-half acres of ground and is located in a corner of a thirty acre park. The main ice track is forty feet wide and six laps to the mile. The sidewalls are of concrete and the rink surface is asphalt. The track was designed in such a manner that a speed skater is on the official skating line when skating two feet from the inside curb. The curb markings are laid out for all official races and the rink is ready for competitive speed skating at all times. An official hockey rink, one hundred feet by two hundred feet, equipped with sideboards, is located in the center area. The rinks are lighted with floodlights mounted on twenty-five foot steel poles. These are spaced every fifty feet and provide perfect illumination for night events.

The rink shelter house has seating accommodations for 500 persons. The building is twenty by 156 feet and has comfort rooms, shower baths and a workroom for the maintenance staff. A public

address system provides for indoor and outdoor announcements and for the recorded music played during general skating sessions.

Maintenance

In designing the rinks, maintenance work was given careful consideration. Water supply boxes were so installed in various locations that only a minimum of hose has to be handled. The asphalt bottoms permit flooding the first four inches of water on the rink; and when this has frozen, skating can begin. Nightly applications of water by the hand-hose method provide a continuous, smooth ice surface, although, at various times, a four-foot wide ice planer is used to smooth the ice in place of flooding. We have found that planed ice is best for speed skating races because the ice surface remains harder than under ordinary flooding conditions.

We also designed our rinks to reduce the time lost because of those two arch enemies of the ice builder—rain and snow. Outlets, built in the concrete curbs at various points, are closed with two inch matched boards. When rain begins to fall, the height of the outlets is lowered to the ice surface and the rain water drained off. In this manner, the surface of the rink can be kept clear of all but a skim of water, and colder weather will place the rink back in operation within a few hours instead of days.

Snow storms not only delay skating but, in addition, are costly to remove. The design of our track and our methods of snow removal reduce these factors to a minimum. A small dump truck equipped with a hydraulic lift snow plow is used. The snow blade of the plow can be turned in any direction; and so the snow is plowed around the rink in lanes until the rink surface and walks are clear. In heavy snow storms the plow is kept in continuous operation, and a four inch fall of snow can be removed in less than an hour.

Winter Program

One major advantage a permanent rink enjoys over lakes or ponds is that the number of skating days can be doubled. Our Newburgh rinks, open from one p.m. to ten p.m., are only 125 feet above sea level, but we average from thirty to fifty actual days of skating per season. In 1948, 49,200 people participated in the general skating, competitive skating, ice hockey and other activities of our outdoor winter program.

Speed skating has been developed by the formation of the Delano-Hitch Ice Skating Club and competitive events. The ice skating club holds weekly races at the track and participates in many out-of-town meets on weekends. The Middle At-

lantic Outdoor Speed Skating Championships are held each year at the rinks under the auspices of the Newburgh Lions Club. Over 275 of the best skaters in the East participate in this five hour program, run off on a time schedule that averages three minutes for each event. Excellent organization of the race program plus the advantages of a rink designed for speed skating makes such events possible.

Year-Round Recreation Area

The City of Newburgh has invested over \$60,000 during the past fourteen years in the construction of the winter area at Delano-Hitch Recreation Park. The completion of the project now makes it possible to plan for a year-round program of activities in addition to its winter uses. Courts for badminton, volleyball, basketball, giant checkers, paddle tennis and shuffleboard can be laid out on the hard-surfaced ring bottoms. Horseshoe and bocci courts will be planned on the lawn sections. The program will continue into the evening hours since the area is entirely floodlighted; and special events on the schedule include roller skating meets and roller hockey, bicycle races, inter-playground competitions, boxing exhibitions, drum corps contests, and Halloween celebrations.

IN EVERY FIELD OF SPORT...

MacGregor Goldsmith
SPORTS EQUIPMENT

M

In every field of sport in Professional, Semi-Pro and Amateur Baseball and Softball, in Universities, Colleges and High Schools, in Municipal and Industrial Recreation, MacGregor-Goldsmit Sports Equipment is recognized as a hallmark of quality and unvarying performance.

MacGregor Goldsmith Inc.

MEMBER THE AMERICAN SOCIETY OF ADVERTISING AGENTS
1938-1948
1948-1949
1949-1950
1950-1951
1951-1952
1952-1953
1953-1954
1954-1955
1955-1956
1956-1957
1957-1958
1958-1959
1959-1960
1960-1961
1961-1962
1962-1963
1963-1964
1964-1965
1965-1966
1966-1967
1967-1968
1968-1969
1969-1970
1970-1971
1971-1972
1972-1973
1973-1974
1974-1975
1975-1976
1976-1977
1977-1978
1978-1979
1979-1980
1980-1981
1981-1982
1982-1983
1983-1984
1984-1985
1985-1986
1986-1987
1987-1988
1988-1989
1989-1990
1990-1991
1991-1992
1992-1993
1993-1994
1994-1995
1995-1996
1996-1997
1997-1998
1998-1999
1999-2000
2000-2001
2001-2002
2002-2003
2003-2004
2004-2005
2005-2006
2006-2007
2007-2008
2008-2009
2009-2010
2010-2011
2011-2012
2012-2013
2013-2014
2014-2015
2015-2016
2016-2017
2017-2018
2018-2019
2019-2020
2020-2021
2021-2022
2022-2023
2023-2024
2024-2025
2025-2026
2026-2027
2027-2028
2028-2029
2029-2030
2030-2031
2031-2032
2032-2033
2033-2034
2034-2035
2035-2036
2036-2037
2037-2038
2038-2039
2039-2040
2040-2041
2041-2042
2042-2043
2043-2044
2044-2045
2045-2046
2046-2047
2047-2048
2048-2049
2049-2050
2050-2051
2051-2052
2052-2053
2053-2054
2054-2055
2055-2056
2056-2057
2057-2058
2058-2059
2059-2060
2060-2061
2061-2062
2062-2063
2063-2064
2064-2065
2065-2066
2066-2067
2067-2068
2068-2069
2069-2070
2070-2071
2071-2072
2072-2073
2073-2074
2074-2075
2075-2076
2076-2077
2077-2078
2078-2079
2079-2080
2080-2081
2081-2082
2082-2083
2083-2084
2084-2085
2085-2086
2086-2087
2087-2088
2088-2089
2089-2090
2090-2091
2091-2092
2092-2093
2093-2094
2094-2095
2095-2096
2096-2097
2097-2098
2098-2099
2099-20100
20100-20101
20101-20102
20102-20103
20103-20104
20104-20105
20105-20106
20106-20107
20107-20108
20108-20109
20109-20110
20110-20111
20111-20112
20112-20113
20113-20114
20114-20115
20115-20116
20116-20117
20117-20118
20118-20119
20119-20120
20120-20121
20121-20122
20122-20123
20123-20124
20124-20125
20125-20126
20126-20127
20127-20128
20128-20129
20129-20130
20130-20131
20131-20132
20132-20133
20133-20134
20134-20135
20135-20136
20136-20137
20137-20138
20138-20139
20139-20140
20140-20141
20141-20142
20142-20143
20143-20144
20144-20145
20145-20146
20146-20147
20147-20148
20148-20149
20149-20150
20150-20151
20151-20152
20152-20153
20153-20154
20154-20155
20155-20156
20156-20157
20157-20158
20158-20159
20159-20160
20160-20161
20161-20162
20162-20163
20163-20164
20164-20165
20165-20166
20166-20167
20167-20168
20168-20169
20169-20170
20170-20171
20171-20172
20172-20173
20173-20174
20174-20175
20175-20176
20176-20177
20177-20178
20178-20179
20179-20180
20180-20181
20181-20182
20182-20183
20183-20184
20184-20185
20185-20186
20186-20187
20187-20188
20188-20189
20189-20190
20190-20191
20191-20192
20192-20193
20193-20194
20194-20195
20195-20196
20196-20197
20197-20198
20198-20199
20199-20200
20200-20201
20201-20202
20202-20203
20203-20204
20204-20205
20205-20206
20206-20207
20207-20208
20208-20209
20209-20210
20210-20211
20211-20212
20212-20213
20213-20214
20214-20215
20215-20216
20216-20217
20217-20218
20218-20219
20219-20220
20220-20221
20221-20222
20222-20223
20223-20224
20224-20225
20225-20226
20226-20227
20227-20228
20228-20229
20229-20230
20230-20231
20231-20232
20232-20233
20233-20234
20234-20235
20235-20236
20236-20237
20237-20238
20238-20239
20239-20240
20240-20241
20241-20242
20242-20243
20243-20244
20244-20245
20245-20246
20246-20247
20247-20248
20248-20249
20249-20250
20250-20251
20251-20252
20252-20253
20253-20254
20254-20255
20255-20256
20256-20257
20257-20258
20258-20259
20259-20260
20260-20261
20261-20262
20262-20263
20263-20264
20264-20265
20265-20266
20266-20267
20267-20268
20268-20269
20269-20270
20270-20271
20271-20272
20272-20273
20273-20274
20274-20275
20275-20276
20276-20277
20277-20278
20278-20279
20279-20280
20280-20281
20281-20282
20282-20283
20283-20284
20284-20285
20285-20286
20286-20287
20287-20288
20288-20289
20289-20290
20290-20291
20291-20292
20292-20293
20293-20294
20294-20295
20295-20296
20296-20297
20297-20298
20298-20299
20299-20300
20300-20301
20301-20302
20302-20303
20303-20304
20304-20305
20305-20306
20306-20307
20307-20308
20308-20309
20309-20310
20310-20311
20311-20312
20312-20313
20313-20314
20314-20315
20315-20316
20316-20317
20317-20318
20318-20319
20319-20320
20320-20321
20321-20322
20322-20323
20323-20324
20324-20325
20325-20326
20326-20327
20327-20328
20328-20329
20329-20330
20330-20331
20331-20332
20332-20333
20333-20334
20334-20335
20335-20336
20336-20337
20337-20338
20338-20339
20339-20340
20340-20341
20341-20342
20342-20343
20343-20344
20344-20345
20345-20346
20346-20347
20347-20348
20348-20349
20349-20350
20350-20351
20351-20352
20352-20353
20353-20354
20354-20355
20355-20356
20356-20357
20357-20358
20358-20359
20359-20360
20360-20361
20361-20362
20362-20363
20363-20364
20364-20365
20365-20366
20366-20367
20367-20368
20368-20369
20369-20370
20370-20371
20371-20372
20372-20373
20373-20374
20374-20375
20375-20376
20376-20377
20377-20378
20378-20379
20379-20380
20380-20381
20381-20382
20382-20383
20383-20384
20384-20385
20385-20386
20386-20387
20387-20388
20388-20389
20389-20390
20390-20391
20391-20392
20392-20393
20393-20394
20394-20395
20395-20396
20396-20397
20397-20398
20398-20399
20399-20400
20400-20401
20401-20402
20402-20403
20403-20404
20404-20405
20405-20406
20406-20407
20407-20408
20408-20409
20409-20410
20410-20411
20411-20412
20412-20413
20413-20414
20414-20415
20415-20416
20416-20417
20417-20418
20418-20419
20419-20420
20420-20421
20421-20422
20422-20423
20423-20424
20424-20425
20425-20426
20426-20427
20427-20428
20428-20429
20429-20430
20430-20431
20431-20432
20432-20433
20433-20434
20434-20435
20435-20436
20436-20437
20437-20438
20438-20439
20439-20440
20440-20441
20441-20442
20442-20443
20443-20444
20444-20445
20445-20446
20446-20447
20447-20448
20448-20449
20449-20450
20450-20451
20451-20452
20452-20453
20453-20454
20454-20455
20455-20456
20456-20457
20457-20458
20458-20459
20459-20460
20460-20461
20461-20462
20462-20463
20463-20464
20464-20465
20465-20466
20466-20467
20467-20468
20468-20469
20469-20470
20470-20471
20471-20472
20472-20473
20473-20474
20474-20475
20475-20476
20476-20477
20477-20478
20478-20479
20479-20480
20480-20481
20481-20482
20482-20483
20483-20484
20484-20485
20485-20486
20486-20487
20487-20488
20488-20489
20489-20490
20490-20491
20491-20492
20492-20493
20493-20494
20494-20495
20495-20496
20496-20497
20497-20498
20498-20499
20499-20500
20500-20501
20501-20502
20502-20503
20503-20504
20504-20505
20505-20506
20506-20507
20507-20508
20508-20509
20509-20510
20510-20511
20511-20512
20512-20513
20513-20514
20514-20515
20515-20516
20516-20517
20517-20518
20518-20519
20519-20520
20520-20521
20521-20522
20522-20523
20523-20524
20524-20525
20525-20526
20526-20527
20527-20528
20528-20529
20529-20530
20530-20531
20531-20532
20532-20533
20533-20534
20534-20535
20535-20536
20536-20537
20537-20538
20538-20539
20539-20540
20540-20541
20541-20542
20542-20543
20543-20544
20544-20545
20545-20546
20546-20547
20547-20548
20548-20549
20549-20550
20550-20551
20551-20552
20552-20553
20553-20554
20554-20555
20555-20556
20556-20557
20557-20558
20558-20559
20559-20560
20560-20561
20561-20562
20562-20563
20563-20564
20564-20565
20565-20566
20566-20567
20567-20568
20568-20569
20569-20570
20570-20571
20571-20572
20572-20573
20573-20574
20574-20575
20575-20576
20576-20577
20577-20578
20578-20579
20579-20580
20580-20581
20581-20582
20582-20583
20583-20584
20584-20585
20585-20586
20586-20587
20587-20588
20588-20589
20589-20590
20590-20591
20591-20592
20592-20593
20593-20594
20594-20595
20595-20596
20596-20597
20597-20598
20598-20599
20599-20600
20600-20601
20601-20602
20602-20603
20603-20604
20604-20605
20605-20606
20606-20607
20607-20608
20608-20609
20609-20610
20610-20611
20611-20612
20612-20613
20613-20614
20614-20615
20615-20616
20616-20617
20617-20618
20618-20619
20619-20620
20620-20621
20621-20622
20622-20623
20623-20624
20624-20625
20625-20626
20626-20627
20627-20628
20628-20629
20629-20630
20630-20631
20631-20632
20632-20633
20633-20634
20634-20635
20635-20636
20636-20637
20637-20638
20638-20639
20639-20640
20640-20641
20641-20642
20642-20643
20643-20644
20644-20645
20645-20646
20646-20647
20647-20648
20648-20649
20649-20650
20650-20651
20651-20652
20652-20653
20653-20654
20654-20655
20655-20656
20656-20657
20657-20658
20658-20659
20659-20660
20660-20661
20661-20662
20662-20663
20663-20664
20664-20665
20665-20666
20666-20667
20667-20668
20668-20669
20669-20670
20670-20671
20671-20672
20672-20673
20673-20674
20674-20675
20675-20676
20676-20677
20677-20678
20678-20679
20679-20680
20680-20681
20681-20682
20682-20683
20683-20684
20684-20685
20685-20686
20686-20687
20687-20688
20688-20689
20689-20690
20690-20691
20691-20692
20692-20693
20693-20694
20694-20695
20695-20696
20696-20697
20697-20698
20698-20699
20699-20700
20700-20701
20701-20702
20702-20703
20703-20704
20704-20705
20705-20706
20706-20707
20707-20708
20708-20709
20709-20710
20710-20711
20711-20712
20712-20713
20713-20714
20714-20715
20715-20716
20716-20717
20717-20718
20718-20719
20719-20720
20720-20721
20721-20722
20722-20723
20723-20724
20724-20725
20725-20726
20726-20727
20727-20728
20728-20729
20729-20730
20730-20731
20731-20732
20732-20733
20733-20734
20734-20735
20735-20736
20736-20737
20737-20738
20738-20739
20739-20740
20740-20741
20741-20742
20742-20743
20743-20744
20744-20745
20745-20746
20746-20747
20747-20748
20748-20749
20749-20750
20750-20751
20751-20752
20752-20753
20753-20754
20754-20755
20755-20756
20756-20757
20757-2075

J. B. Williams

Retires

UPON HIS RETIREMENT, J. B. Williams, for many years a member of the National Recreation Association field staff, writes to Howard Braucher, President of the Association:

"My work from the beginning seems to have been of a pioneering nature. I entered social work before the term was even born, and when organized effort and real service to people were emerging under the general name of Associated Charities.

"Firmly convinced that public responsibility in the social work field was becoming more important and really was the next step in its advancement, I accepted the position of Director of the Public Welfare Department of the City of Los Angeles, later consolidated as a city and county department. This, of course, meant a broadening of opportunity and responsibility.

"Soon thereafter, World War I came along, and with it an invitation from the National Recreation Association to join the staff of War Camp Community Service. After a brief period as a member of this staff, I was loaned to the War Department Commission on Training Camp Activities and became one of its directors, working directly under Raymond B. Fosdick, chairman of the Commission. While as a volunteer I had always taken part in the inauguration of community recreation services, these two responsibilities presented my first opportunities to work officially in the recreation field on both a private and public basis. After the war, I joined the staff of the Association, even though it meant a sacrifice in salary. Thus was ushered in a period in my career which has brought real satisfaction.

"From time to time opportunities have come to me to re-enter the public welfare field, and attractive offers, at larger salaries, have been presented in the Community Chest movement. For a period of eight months, when I was on leave of absence from the Association, I did act as organizer and executive of the Community Chest of Jacksonville, Florida, and was asked to remain permanently. However, my experience on the staff of the Association had developed within me a very strong



attachment to its work and a realization of its significance; and I therefore declined all such offers. I am happier today because I have been a member of the National Recreation Association family of workers for so long.

"At the beginning of my work with the Association, public recreation was still in its early stages, particularly in the southeast. My first assignment as district representative took me there, and later all of my time was given to work in that area. During these pioneering stages of community recreation, I witnessed a growing appreciation, understanding and fine response from city after city to the efforts of the Association. As I recall, the people in the various communities seemed to appreciate most our desire to help them discover the needs for a community recreation program of areas, facilities and services and, so far as possible, to meet such needs by adapting and expanding existing resources rather than advocating a plan definitely prescribed in advance.

"I shall always have vividly in mind my almost eight years of continuous service with the National Park Service of the United States Department of Interior, 'on loan' from the Association. There was a growing conviction, on the part of the Association, of the important share that the federal government should have in the public recreation movement. Here again is another example of how the Association was willing to adapt its program to help interpret the demonstrated principles of the recreation program to agencies of the government, and the possibility of their application to their existing and expanding programs.

"At that time, the National Park Service, as a phase of the Land-Use Program, had under its jurisdiction about forty-six areas, or more than 500,000 acres, located in the various states for development as demonstrations for recreation use. For the first time, cooperation of the National Park Service with the states in the development of park and recreation systems was emerging, and later this working together was made permanent by federal law. This led to the adoption of a program of service to states on the part of the Park Service, the results of which have been very far-reaching and in which we have had an opportunity to make a real contribution. The story of the sound growth of all these services is a long one, but today this department is recognized as one of the outstanding examples of a well-administered and broad, cooperative program for conservation and recreation.

"A few years ago, when the Association expanded its nationwide program to include services to agencies and institutions of state governments, with resources suitable and valuable for recreation, it pleased me very much. I am glad to have had the privilege and responsibility of initiating this particular service, and wish that I might have been able to continue in this capacity for at least a few years more.

"I recall that many of the leaders of state agencies were not then aware of the program of the Association nor of the objectives and history of the recreation movement. However, almost without exception, we were cordially received and leaders welcomed an opportunity for joint consideration of the values and possibilities of expanding their own programs. It was soon apparent that cooperation between state agencies was the most important factor in the expanding of existing programs, and, therefore, this was emphasized from the beginning. The result of our deliberations seemed always to demonstrate that the creation of new agencies was not always necessary; and, increasingly, ways of working together became dominant in their thinking and actions. I am glad to say that this included not only lay leaders serving on boards, but paid officials as well. There is such a wide variety in the resources for recreation, available through these state agencies, that it is quite apparent that we are rapidly approaching a period when the people in every nook and corner of a state will have increasing opportunities to acquire recreation skills and to participate with others in a varied program of recreation activities.

"This is not in any sense an article but rather a personal message to you on the eve of the cessation

of my active participation in the work of the Association as a member of its staff. In it I have attempted to express my feeling of gratitude for the opportunities presented to me to work with the Association. I hope it is clear that I am thoroughly convinced of the soundness of the principles and policies underlying the efforts of the Association to give guidance to the recreation movement."

Are You Cooperating?

AMERICAN EDUCATION WEEK, November 7-13, is a good time to spotlight the importance of recreation in the happy growth of children, the development of youth, and the enrichment of adult life. The opportunities to show these values are tailor-made. If you have not made plans this year for a special program on November 12—topic: *Promoting Health and Safety*—why not attend any community observances with an eye to active participation next year?

The sponsors of American Education Week—the National Education Association, American Legion, National Congress of Parents and Teachers, and the United States Office of Education—have selected *Strengthening the Foundations of Freedom* as the general theme for 1948. They hope that recreation will be given special recognition on the days when health, safety, and family life are highlighted.

The NEA has published two special helps for use in this connection. One, a ten page leaflet entitled, *Health—an Essential of Freedom*, is a checklist of items under the headings of mental health, school and community recreation, recreational facilities, and intergroup attitudes. (Cost—twenty cents per package of ten.)

The other is a radio script, *Wanted—Facilities for Leisure*. (Twenty-five cents a copy.) Both the script and the leaflet were made available through the cooperation of the American Association for Health, Physical Education, and Recreation.

While the special materials mentioned above are released for use during American Education Week, they are suitable all year long. Write to the WEA, 1201 Sixteenth Street Northwest, Washington 6, D. C., for your copies.

Two special projects distinguish the AEW observance: *school visitation* and *educational interpretation*. By participating in the program this year, through attendance at open house and community meetings, recreation workers may begin to make early plans for next year.

Home Education

"The child's first school is the family."—Froebel

Annie L. Gaetz

WE ARE LIVING in a materialistic age and, in our zeal to have our children develop abilities with reference to material needs, there is grave danger that we might allow the spirit of good-natured fun to become stifled. A cheerful disposition is a greater treasure than much riches. It helps on every occasion. Besides being a comfort to the owner, it is contagious. The child to whom it belongs is likely to be popular with his playmates and, in later years—if his character is as good as his disposition—he usually can be assured of a welcome at any gathering. Employers, too, appreciate a happy disposition in their employees. The time to cultivate a happy disposition is in childhood.

Too many people make the mistake of putting aside all pleasure as "foolishness" and stressing only the work, which they believe to be all-important. When they do this they are missing one of the most precious blessings that life offers and an asset which, if rightly sought, is easiest to obtain. After the bare necessities of life, what the family needs most is good, old-fashioned fun. Indeed, we would not be far wrong if we classed fun as one of the bare necessities.

Don't cramp childhood. Many children who associate almost exclusively with older persons never learn to enjoy themselves and, in later years, they feel that their childhood was sadly lacking. They never were children in the true sense of the word. As adults they usually become the "wallflowers" at social gatherings. Instead of doing all that is possible for their own and other people's enjoyment, they fail utterly to enjoy themselves, and prove a source of worry to those responsible for their entertainment. They cannot enter into the fun, for they have never learned to play.

The subject of amusement is one which we must take into serious account when rearing a family. The wise mother provides her children with happy thoughts, just as she provides them with bread. She brings laughter and pleasant conversation in-

to their daily experiences and teaches them to see a bright lining in many a cloudy situation. The mother who realizes that it is her privilege to bring the universe to her children is a many-sided, wonderful creature. Her family does not live by material food alone, but also by spiritual and mental food provided by her. She could no more allow them to stagnate mentally or morally than she could feed them stale, tasteless food.

In order to set what they consider a proper example of seriousness before their children, some parents assume an air of reproof toward any childish glee; this, of course, is a kill-joy to the spirit of fun. Variety is the spice of life, and we need to broaden our children's outlook in every good way.

There are many parents who, by lack of cooperation, encourage their children to seek their fun away from home. Boys and girls who find their fun at home are not likely to go badly astray. An old man who was very fond of young people let them gather at his home evenings and play cards. A neighbor said to him, "Don't you know the devil is always where cards are?" "Yes," was the answer, "that's why I let the youngsters play in my home; in that way I can keep an eye on him." It need not be an important drawback to children if they live in out-of-the-way places and have little opportunity to mingle in society. Such families can construct their own world and create their own amusements.

There is a mental development—yes, and a spiritual development—in games and other home amusement. The remembrance of such childhood games as blindman's buff and hide-and-seek remain in our memories long after a theatre play or a public social has been forgotten.

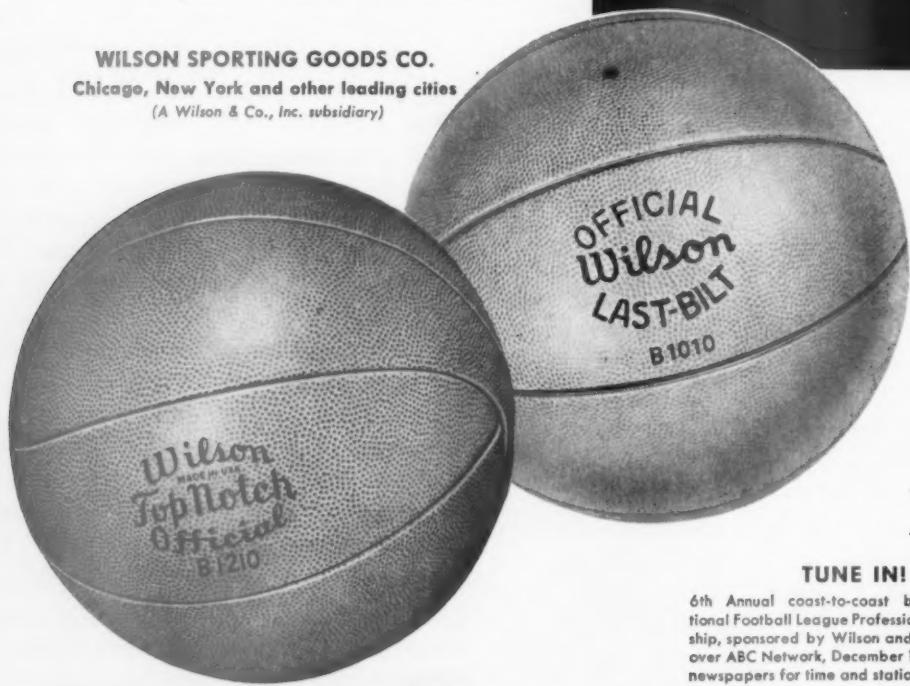
One of the best ways to help our boys and girls to build well-rounded personalities is to encourage them to find wholesome pleasure and amusement—always in happy accord with their duties—under whatever circumstances they may be placed.

In Every Play . . .

Well planned and executed plays are important to the winning of basketball games. Equally important is the ball used by the players and their confidence in its performance. Coaches throughout the nation know that Wilson top quality basketballs not only inspire player confidence—they bring more enjoyment of the game to every team member. That's because these superb balls—Wilson Last-Bilt or Top Notch—have that indescribable "feel" that makes dribbling, passing and ball-handling easier. Their perfect roundness and balance insure accurate flight and true rebound.

They're the *last word* in basketballs.

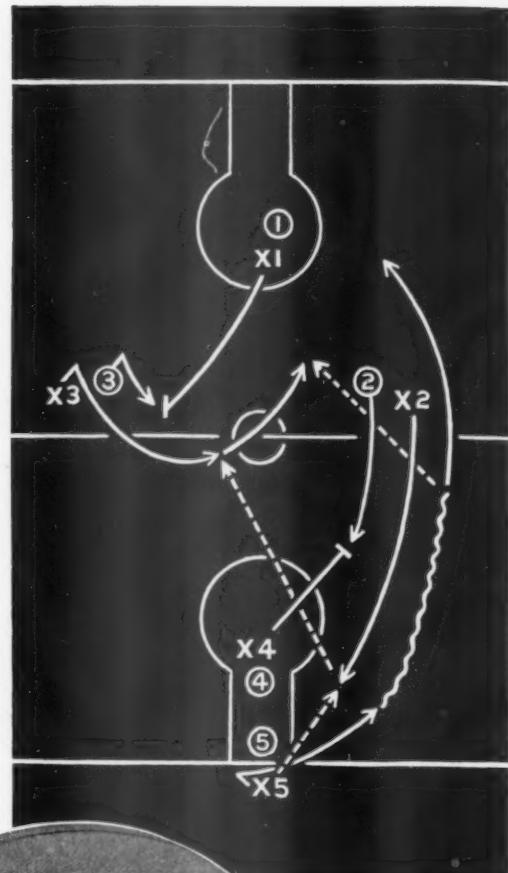
WILSON SPORTING GOODS CO.
Chicago, New York and other leading cities
(A Wilson & Co., Inc. subsidiary)



TUNE IN!
6th Annual coast-to-coast broadcast National Football League Professional Championship, sponsored by Wilson and General Mills, over ABC Network, December 19, 1948. Check newspapers for time and station.



IT'S **Wilson**
TODAY IN SPORTS EQUIPMENT



EMMETT R. GAUHN

EMMETT R. GAUHN, age sixty-one, chairman of the New York State Youth Commission, died on Tuesday, October 19th, in Rochester General Hospital, following a heart attack. In expressing regret at his death, Governor Thomas E. Dewey said that Mr. Gauhn had been performing a "tremendous service to the youth of our state."

Appointed to head the Youth Commission when it was established in 1945, Mr. Gauhn previously was Rochester's Welfare Commissioner, and also served as chief milk and food inspector of the city. He was a former president of the State Public Welfare Officials Association.

The Youth Commission's primary emphasis is on mobilizing and strengthening the resources of local communities to prevent the delinquency of young people. It has aided in the development of youth bureaus, recreation and education projects as the core of the local program. However, as Mr. Gauhn once stated, "The Commission cannot provide a blueprint for each community in the state."

Authors in This Issue

JOSEPH AUSLANDER—Well-known poet and author. Poem on page 338.

BILL GOLD—*Washington Post* reporter. Article on page 350.

DR. WILLIAM C. MENNINGER—Of the Menninger Psychiatric Clinic, Topeka, Kansas. President of the American Psychiatric Association. Article on page 340.

DOUGLAS G. MILLER—Superintendent of Recreation, Newburgh, New York. Article on page 375.

**"Tops" in
Good Sport**
LEARN ABOUT

TRAMPOLINING
Founded by NISSEN—
Creator of America's First
Standard TRAMPOLINE
A lively playground attraction for all ages.
Write for FREE LITERATURE.

NISSEN TRAMPOLINE
200 A AVENUE NW
CEDAR RAPIDS, IOWA



Balance!
IN WEIGHT
LIKE THE SKILL OF A SEA LION



Specify
Wintark
TOPS IN PERFORMANCE

Successful execution of plays, even by experts, depends largely upon balance—or the even distribution of weight of a ball.

Balance, resulting from scientific research and skillful moulding, is another "Best by Test" reason for specifying Wintark. Official in weight, shape and size—you'll find them beautiful, well balanced and TOP PERFORMERS in play and in economy.

BUY THE BEST—GET THE MOST FOR YOUR MONEY



WEAVER WINTARK SALES CO.

AMERICA'S FOREMOST ATHLETIC EQUIPMENT
P.O. BOX 71 • SOUTH FIFTH STREET • SHAMOKIN, PA.

Magazines and Pamphlets

Recently Received Containing Articles of Current Interest to the Recreation Worker

The Crippled Child, June 1948
Modern Methods Make a World of Play, Charlotte Kersten.
Camping for Whom?, Betty Lyle.

American City, June 1948
Financing Kansas City's Parks, L. P. Cookingham.
Greensdale and the Future, Clarence S. Stein.
The "New" Orange Bowl.
A Small City Studies Need of Improvements and How to Finance Them, Marian C. Manley.

Magazine Digest, July 1948
The Corner Gang Makes Messy with Mozart, Lawrence Collier.
Where Kids Get Skipping-Rope Rhymes.

Parents' Magazine, July 1948
Vacation at Home and Like It!, Jesse Mae Coker.
Fun on a Saturday Night, Betty Massingall Nelson.

Fishing North Carolina's Coast, Bill Sharpe. Marina Publishing House, Box 1411, Wilmington, North Carolina. Price \$.50.

Live Long and Like It, C. Ward Crampton. Public Affairs Pamphlet Number 139. Public Affairs Committee, 22 East 38 Street, New York 16. Price \$.20.

Recreation Today in Ohio, prepared by John M. Kahlert. The Ohio Welfare Council, 135 East Gay Street, Columbus 15, Ohio. Price \$.25.

Enjoy Your Child—Ages 1, 2 and 3, James L. Hymes, Jr. Public Affairs Pamphlet Number 141. Public Affairs Committee, 22 East 38 Street, New York 16. Price \$.20.

A Partial List of 16 mm. Film Libraries, compiled by Federal Security Agency, Office of Education, Division of Auxiliary Services, Visual Aids to Education Section.

Play Library Service for School and Community—1948 Catalogue. Play Library Service, Extension Division, University of South Carolina, Columbia 1, South Carolina.

National Parent-Teacher, June 1948
There's Music in the Air, Elva R. Heylmun.

Better Times, May 28, 1948
A Gang Is a Street Club, Nathan E. Cohen and George Harrison.

Journal of Health and Physical Education, May 1948
Recreation Comes of Age, Charles F. Weckwerth.
A Portable Swimming Pool, Clifford Kasche.

Camping Magazine, May 1948
The Role of the School in Camping, John W. Studebaker.
Camping Keyed to Spiritual Values.
Summer Camps and Som're Not, Wes H. Klusmann.
Camping and Intercultural Unity, Stewart G. Cole.
American Camping Association Convention Report.

National Park Concessions—Report of the Concessions Advisory Group to the Honorable J. A. Krug, Secretary of the Interior. National Park Service, Washington, D. C.

The Nation's Schools, May 1948
Better Practices for Schoolhouse Construction.

Parks and Recreation, June 1948
Is That Swimming Pool Worth Modernizing?, Chauncey A. Hyatt.

National Parent-Teacher, May 1948
Fund Raising in the P. T. A., Sadie B. Gardner.

Books Received

American Rural Life, by David Edgar Lindstrom. The Ronald Press Company, New York. \$4.00.

American School and University, The, Twentieth Annual Edition. American School Publishing Company, New York. \$4.00.

Art of Hooked-Rug Making, The, by Martha Batchelder. The Manual Arts Press, Peoria, Illinois. \$3.75.

Complete Introduction to Photography, by J. Harris Gable. Harper & Brothers, New York. \$3.50.

Contract Bridge for Everyone, by Ely Culbertson. Signet Books, New American Library, New York. \$.25.

Creative Ways for Children's Programs, by Josephine Murray and Effie G. Bathurst. Silver Burdett Company. New York, Boston, Chicago and San Francisco. \$2.80.

Football Line Play, by Bernard Oakes. A. S. Barnes and Company, New York. \$4.00.

Gem Cutting, by J. Daniel Willems. The Manual Arts Press, Peoria, Illinois. \$3.50.

Handbook of Adult Education in the United States, edited by Mary L. Ely. Institute of Adult Education, Teachers College, Columbia University, New York. \$5.00.

Health Teaching in Schools, by Ruth E. Grout. W. B. Saunders Company, Philadelphia and London. \$4.00.

Mountain Laurel, by Anne Emery. G. P. Putnam's Sons, New York. \$2.50.

Natural Science Through the Seasons, by J. A. Partridge. The Macmillan Company of Canada, Limited, Toronto. \$3.00.

Rawlings
ATHLETIC EQUIPMENT

**First Choice
for
Every Sport!**

**Available
Thru Leading
Athletic Goods
Distributors**

Rawlings Athletic Equipment
THE FINEST IN THE FIELD!
MANUFACTURING COMPANY • ST. LOUIS 3, MO.



New Publications

Covering the Leisure Time Field

Fun Incorporated—

The Handbook for Teen Centers

By Jeanne Lenton Tracy. Bobbs-Merrill Company, New York. \$2.50.

THIS ATTRACTIVELY ILLUSTRATED book is a complete manual on this subject. Written for teen-agers in clear, informal style, it will be equally useful to any agency, organization or community interested in planning a teen center for its young people.

Suggestions for preliminary planning, budgets, fund-raising, programs and management are given in an encouraging and well-organized manner. The book also contains a bibliography, index, several "success stories" about existing centers, as well as sample constitutions and center rules.

Miss Tracy worked for five years in the Sub-Deb Department of the *Ladies' Home Journal*. Her book is the result of her experiences in working with teen-agers, supplemented by information about them from authoritative sources. This is the first full-sized book that seems to have been written on this subject, and is a real contribution to the recreation field.

Handbook of Adult Education in the United States

Institute of Adult Education, 525 West 120 Street, New York 27. \$5.00.

PRESENTING THE POSTWAR picture of adult education in America in one volume is not easy. At best it can be but a partial picture, a cross section of its many phases and the many agencies through which its programs are presented. This 1948 handbook, however, does a remarkably fine job. Representing two years of devoted effort, it brings together authoritative and helpful material—the areas of interest, activities and needs of adult

education; agency resources; and problems of common concern to all interested in the adequate development of the movement as a whole.

The book includes two articles by staff members of the National Recreation Association: Music as an Educational and Recreational Field for the Adult, by Gertrude Borchard and The Place of Recreation in Adult Education, by Robert R. Gamble.

The Pageant of Our American Heritage

By Percy Jewett Burrell. Published by the author, 26 Marshall Street, Watertown, Massachusetts. \$.75.

IT WOULD BE difficult to find a community patriotic event that has found more enthusiastic response in the hearts of American people than the tour of the Freedom Train through the land. This tour has been sponsored by the American Heritage Foundation. Now, the same foundation suggests the *Pageant of American Heritage* as appropriate for production in those communities which have been visited by the train. It is also suitable for other days of civic celebration, such as the Fourth of July, "I Am An American Day," and is adaptable for schools and organizations. Information as to production and other rights should be secured from the author at the above address.

Games for Two

By Albert H. Morehead and Geoffrey Mott-Smith. John C. Winston Company, Philadelphia. \$2.00.

ALTHOUGH WE LISTED this book last spring, we remind you, now, that it would make an excellent gift for young married couples, college students, travelers. It includes the latest pointers on Rummy, Gin Rummy, Bezyque, Pinochle and many others.

Children's Book Week



November 14-20, 1948

A Treasury of Good Night Stories

Edited by Caroline Horowitz. Hart Publishing Company, New York. \$2.00.

THIS IS A collection of thirty-six stories, some of which have appeared in *Child Life*, *Jack and Jill*, *Children's Activities* and other magazines for children. Parents and storytellers will be pleased to find that the stories have been timed. They range from two to eight minutes at the most, and most of them run between three and five minutes. They have been selected for tranquility—not a nightmare in the book!

What Every Young Rabbit Should Know

By Carol Denison, with pictures by Kurt Wiese. Dodd, Mead and Company, New York. \$2.25.

EVERY CHILD FROM two to six years of age should find this under the Christmas tree! A delightful story of Mr. and Mrs. Puff-Tail and their five small children. The little Puff-Tails learn to know their friends and enemies by their tracks in the first snow—and have a great adventure. The illustrations alone are worth the cost of the book.

Cowboys and Indians

By Kathryn and Byron Jackson. Simon and Schuster, Incorporated, New York. \$2.00.

A COLLECTION OF fifty-two stories and rhymes are included, with over a hundred full-color illustrations by Gustaf Tenggren—and you know what that means! It is a book of color and action for young children, full of rodeos, trading posts, snowbound evenings, rustlers, cowboys and Indians. It will save many a rainy day, so add it quickly to your shopping list.

Creeper's Jeep

Written and illustrated by Hardie Gramatky. G. P. Putnam's Sons, New York. \$2.25.

CHARMINGLY FILLED WITH gay illustrations, this is the story of Creeper Perkins and the shiny red jeep he won at the County Fair. The jeep helps Creeper with his farm work and they are the

center of attraction when they go to town on Saturdays. Everything is fine until one Sunday afternoon when the jeep gets into mischief. The manner in which this extraordinary machine later redeems itself brings the story to an exciting climax.

Riding Days

By Marjorie M. Oliver, illustrated by Stanley Lloyd. Westminster Press, Philadelphia. \$2.50.

TWELVE-YEAR-OLD Catherine Blakeny finds adventure in the country. She rides an untamed horse, hunts for smugglers, shows her skills in a village pageant and uncovers a mystery. Girls will enjoy the excitement and suspense of this outdoor story, and will learn much about riding and horses.

The Little Golden Book Series

The Three Bears, illustrated by F. Rojankovsky; *The Golden Sleepy Book*, by Margaret Wise Brown; *Up in the Attic*, by Hilda K. Williams; *A Year in the City*, by Lucy Sprague Mitchell. Published by Simon and Schuster, Incorporated, New York. \$.25 each.

THESE ARE BUT four in the publisher's Little Golden Book Series. The drawings are so enchanting that children will treasure each book for a long time—no matter how familiar the story itself becomes.

Officers and Directors of the National Recreation Association

OFFICERS

ROBERT GARRETT, Chairman of the Board of Directors

HOWARD BRAUCHER, President

MRS. OGDEN L. MILLS, Second Vice-President

SUSAN M. LEE, Third Vice-President and Secretary of the Board

ADRIAN M. MASSIE, Treasurer

GUSTAVUS T. KIRBY, Treasurer Emeritus

DIRECTORS

F. W. H. ADAMS, New York, N. Y.

F. GREGG BEMIS, Boston, Mass.

EDWARD C. BENCH, Englewood, N. J.

MRS. ROBERT WOODS BLISS, Washington, D. C.

HOWARD BRAUCHER, New York, N. Y.

MRS. ARTHUR G. CUMMER, Jacksonville, Fla.

WILLIAM H. DAVIS, New York, N. Y.

HARRY P. DAVISON, New York, N. Y.

ROBERT GARRETT, Baltimore, Md.

ROBERT GRANT, 3rd, Jericho, L. I., N. Y.

AUSTIN E. GRIFFITHS, Seattle, Wash.

MRS. NORMAN HARROWER, Fitchburg, Mass.

MRS. CHARLES V. HICKOX, Michigan City, Ind.

MRS. JOHN D. JAMESON, Bellport, L. I., N. Y.

SUSAN M. LEE, New York, N. Y.

OTTO T. MALLERY, Philadelphia, Pa.

CARL E. MILLIKEN, Augusta, Me.

MRS. OGDEN L. MILLS, Woodbury, N. Y.

PAUL MOORE, JR., New York, N. Y.

MRS. SIGMUND STERN, San Francisco, Calif.

GRANT TITSWORTH, Noroton, Conn.

J. C. WALSH, New York, N. Y.

FREDERICK M. WARBURG, New York, N. Y.